

Human Survival



This project teaches children about the basic needs of humans for survival, including the importance of exercise, nutrition and good hygiene. They learn how human offspring grow and change over time into adulthood.

- Human life cycle;
- Human needs for health and survival;
- Healthy lifestyle;
- Bodily hygiene routines;
- Handwashing investigation;
- How germs spread;
- Working scientifically – identifying and classifying, observing changes over time, comparative test, pattern seeking, research

Children will revisit learning about humans, such as how humans are living things and a type of animal, called a mammal, that grows and changes. They will learn about the human life cycle and think about what humans need to survive, including food, water and shelter. They will learn about the four things we need to stay healthy: a balanced diet, plenty of water, exercise and enough sleep. As part of this learning, they will evaluate their diet and other people's diets. They will learn about the importance of exercise and take part in an exercise challenge over time to observe firsthand the benefits of exercise to their health. They will learn about hygiene practices, such as washing hands and brushing teeth. They will investigate why we should use soap to wash our hands and bodies, learning that washing hands with soap and clean running water helps humans avoid getting ill and spreading germs to others. They will complete their learning by investigating how easily germs can spread from person to person.