



Knowledge and Skills Progression – Science (Humankind)



	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Humankind Human body	<p>The basic body parts are the head, arms, legs, nose, eyes, ears, mouth, hands and feet. Identify some of the different body parts from pictures.</p>	<p>The basic body parts are the head, arms, legs, nose, eyes, ears, mouth, hands and feet. Different body parts are used for different things, such as the eyes are used to see. Draw pictures of the human body and name some of the different body parts.</p>	<p>The basic body parts are the head, arms, legs, nose, eyes, ears, mouth, hands and feet. The five senses are hearing, sight, smell, taste and touch. Ears are used for hearing, eyes are used to see, the nose is used to smell, the tongue is used to taste and skin gives the sense of touch. Draw and label the main parts of the human body and say which body part is associated with which sense.</p>	<p>Human offspring go through different stages as they grow to become adults. These include baby, toddler, child, teenager, adult and elderly. Describe the stages of human development (baby, toddler, child, teenager, adult and elderly).</p>	<p>Humans have a skeleton and muscles for movement, support and protecting organs. Major bones in the human body include the skull, ribs, spine, humerus, ulna, radius, pelvis, femur, tibia and fibula. Major muscle groups in the human body include the biceps, triceps, abdominals, trapezius, gluteals, hamstrings, quadriceps, deltoids, gastrocnemius, latissimus dorsi and pectorals. Describe how humans need the skeleton and muscles for support, protection and movement.</p>	<p>The digestive system is responsible for digesting food and absorbing nutrients and water. The main parts of the digestive system are the mouth, oesophagus, stomach, small intestines, large intestines and rectum. The mouth starts digestion by chewing food and mixing it with saliva. The oesophagus transports the chewed food to the stomach, where it mixes with stomach acid and gets broken down into smaller pieces. In the small intestine, nutrients from the food are absorbed by the body. In the large intestine, water is absorbed by the body. The remaining undigested</p>	<p>Humans reproduce sexually, which involves two parents (one female and one male) and produces offspring that are different from the parents. Describe the process of human reproduction.</p>	<p>The circulatory system includes the heart, blood vessels and blood. The heart pumps blood through the blood vessels and around the body. There are three types of blood vessel: arteries, veins and capillaries. They each have a different-sized hole (lumen) and walls. The blood carries gases (oxygen and carbon dioxide), water and nutrients to where they are needed. The red blood cells carry oxygen and carbon dioxide around the body. The blood also contains white blood cells, which protect the body from infection.</p>

						waste is stored in the rectum before excretion through the anus. Describe the purpose of the digestive system, its main parts and each of their functions.		Name and describe the purpose of the circulatory system and the functions of the heart, blood vessels and blood.
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Humankind Staying safe	It is important to listen to adults and follow simple rules to stay safe. Follow simple rules with the help of an adult.	Rules help to keep us safe in different environments and when using certain equipment. Follow instructions when in different environments and when handling simple equipment, such as scissors.	It is important to stay safe. Some ways to stay safe include staying safe in strong sunlight (sun cream, sun hat and sunglasses), crossing roads (stop, look and listen), in the kitchen (not touching hot or sharp objects) and with household chemicals (not touching, drinking or eating). Describe ways to stay safe in some familiar situations.	Humans need water, food, air and shelter to survive. Describe what humans need to survive.	Light from the Sun is damaging for vision and the skin. Protection from the Sun includes sun cream, sun hats, sunglasses and staying indoors or in the shade. Explain why light from the Sun can be dangerous.	Working with electrical circuits can be dangerous. Precautions include not touching electrical components with wet hands and not putting batteries in mouths. Explain the precautions needed for working safely with electrical circuits.	Very hot and very cold materials can burn skin. Heating materials should be done safely. Explain the precautions needed for working safely when heating, burning, cooling and mixing materials.	Lasers are intense beams of light and they should never be pointed at people's faces or aircraft. Explain the dangers of using lasers and ways to use them safely.
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Humankind Healthy lifestyle	Washing their hands after going to the toilet and before eating helps people to stay	Washing and drying their hands, especially after using the toilet and before eating, helps stop the spread of harmful	Hand washing and good hygiene are important parts of a healthy lifestyle and prevent the spread of germs. Explain why	A healthy lifestyle includes exercise, good personal hygiene, good quality sleep and a balanced diet. Risks associated with an	Humans have to get nutrition from what they eat. It is important to have a balanced diet made up of the main food groups, including proteins, carbohydrates, fruit	Regular teeth brushing, limiting sugary foods and visiting the dentist are important for good oral hygiene.	Good personal hygiene (washing, wearing clean clothes and brushing teeth) can prevent disease or illness. Puberty is	Lifestyle choices can have a positive (exercise and eating healthily) or negative (drugs, smoking and

	<p>healthy. Wash and dry hands after going to the toilet and before eating.</p>	<p>germs. Wash and dry hands regularly and say why this is important.</p>	<p>hand washing and cleanliness are important.</p>	<p>unhealthy lifestyle include obesity, tooth decay and mental health problems. Describe the importance of a healthy lifestyle, including exercise, a balanced diet, good quality sleep and personal hygiene.</p>	<p>and vegetables, dairy products and alternatives, and fats and spreads. Humans need to stay hydrated by drinking water. Explain the importance and characteristics of a healthy, balanced diet.</p>	<p>Describe what damages teeth and how to look after them.</p>	<p>the period during which adolescents reach sexual maturity and become capable of reproduction. It causes physical and emotional changes. Explain why personal hygiene is important during puberty.</p>	<p>alcohol) impact on the body. Explain the impact of positive and negative lifestyle choices on the body.</p>
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