



Science knowledge progression

Nursery	Seasonal changes Autumn – a time of the year Leaves Branch Bark stick hibernate – sleep for some of the season conker acorn conker husk See, hear, feel, smell melt freeze ice snow solid liquid	Light and dark Shadows – is the dark shape when something blocks light Light – A type of energy Dark – When light is blocked Expose children to transparent, translucent and opaque.	Animals Habitat – A place where an animal or plant lives What animals eat – plants and meat Sorting by feature: tail, wings, fur, fly	Planting, growth and change Plant – A living thing that grows on Earth Seed – A part of a plant and helps new plants to grow Soil – A mixture of rocks, air, water and dead plants Root – A part of a plant usually hidden underground Leaves – A part of a plant attached to a stem Petal – A leaf that protects part of the flower Harvest – In Autumn when we gather food from the land Dandelion Sunflower Daisy	Life cycles Worm – an animal without a backbone Egg – the first stage of the lifecycle Saddle – A ring around the worms body Vibration – a fast movement
Reception	Seasonal changes Autumn – a time of the year Winter - a time of the year Spring - a time of the year Summer - a time of the year Leaves - a part of a plant attached to a stem. Root vegetable – an underground part of a plant that we eat. Turnip – a type of root vegetable. Sorting by feature: sorting by colour. See, hear, feel, smell melt freeze ice	Animals Habitat - the home of an animal or a plant. Environment – the physical surroundings Climate - weather found in a certain place over a long period of time is known as the climate Temperature – how hot or cold something is. Weather in different environments		Planting, growth and change Bean – a type of seed Lifecycle - a series of stages a plant or animal goes through Stem – part of a plant. Flower – part of a plant that produces seeds. Broad bean – a large green bean which you can eat	Life cycles Egg - the first stage of the lifecycle Tadpole – Young form of a frog that hatch from an egg Froglet – the stage between a tadpole and an adult frog Frog – an amphibian that lives in water or land Gill – a part of a frog where it breathes through

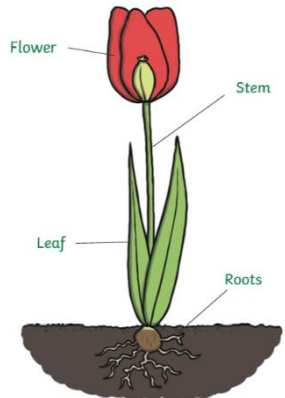


Science knowledge progression

	<p>snow solid liquid</p>			
Year 1	<p style="text-align: center;">Seasonal changes</p> <p>sleet – rain and snow mixed together</p> <p>deciduous trees – stay green and keep their leaves all year</p> <p>evergreen trees – lose their leaves in winter</p> <p>hibernate – sleep over winter</p> <p>It goes dark earlier in winter. It stays lighter for longer in summer. In the UK, it is usually colder and rainier in winter, and hotter and dryer in the summer. Half of the birds in the UK migrate over winter for a good food source, either so that they can raise a family or just survive. Hedgehogs and bats hibernate over winter.</p>	<p style="text-align: center;">Materials</p> <p>materials - what objects are made from</p> <p>flexible – can bend or change shape easily.</p> <p>rigid – can't bend or change shape.</p> <p>transparent - see through.</p> <p>opaque - not see through.</p> <p>translucent – can see through it a little bit.</p> <p>The same object can be made out of different materials. One object can be made out of different materials. Plastic is man-made in a factory. Wood comes from trees. Rock and metal comes from underground.</p>	<p style="text-align: center;">Animals</p> <p>Amphibians - Live on water and on land. They have smooth slimy skin.</p> <p>Birds - have a beak, two legs, feathers and wings.</p> <p>Fish - Live and breathe under water. They have scaly skin, fins to help them swim and gills to breathe.</p> <p>Mammals - Animals that breathe air, grow hair or fur, and feed on their mother's milk as a baby.</p> <p>Reptiles - All reptiles breathe air, they have scales on their skin.</p> <p>Carnivore - Animals that eat meat and other animals.</p> <p>Herbivore - Animals that only eat plants.</p> <p>Omnivore - Animals that eat both plants and meat or other animals.</p> <p>Senses - any of five ways to understand or experience surroundings. The senses are touch, smell, taste, sight, and hearing.</p> <p>Animals can be sorted by type; mammal, fish, reptile, bird, amphibian</p> <p>Animals can be grouped by what they eat; carnivore, omnivore, herbivore</p> <p>Humans have 5 senses; touch, taste, smell, sight and hearing</p> <p>Humans are mammals</p>	<p style="text-align: center;">Plants</p> <p>Deciduous – a tree that loses its leaves in autumn</p> <p>Evergreen – a tree that stays green all year</p> <p>Sap – a liquid of water and nutrients for the plant</p> <p>Bark – the outside of a tree</p> <p>Trunk – the stem of a tree</p> <p>Branches – they grow out from its trunk and have leaves, flowers, or fruit growing on them</p> <p>Blossom – a flower or group of flowers on a tree</p> <p>Evergreen leaves are spikey and don't taste very nice to stop animals from eating them. Trees are different to plants because they are bigger and they have a trunk. Leaves are all different shapes and sizes. Some tree roots can be seen above the ground Wild plants are those which aren't grown by people</p>





Science knowledge progression

			Everyone's body parts are different	
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Science knowledge progression

				 daisy  dandelion  pansy  buttercup  sunflower  rose  beech tree  oak tree
Year 2	Materials waterproof - It keeps the water out. It keeps things dry. absorb - soaks liquid up. materials - what objects are made from. flexible – can bend or change shape easily. rigid – can't bend or change shape. transparent - see through. opaque - not see through. translucent – can see through it a little bit.	Living things in their habitats life Processes - These are the things that all living things do. The move, breathe, sense, grow, make babies, get rid of waste, and get their energy from food. herbivore – an animal that only eats plants. carnivore – an animal that only eats meat. omnivore – an animal that eats both plants and meat. habitat - a natural home or environment of a plant or animal.	Plants germination – is when a seed starts to grow into a plant. shoot – new growth on a plant above the ground sow – plants seeds in the ground harvest – the gathering of a crop fruit – the part of a plant that contains the seeds vegetable – a plant that we cook and eat	Animals offspring - The child of an animal or human. reproduce – to have babies hygiene – clean Humans need water, food and air in order to survive. All living things reproduce and have offspring. Too much sugar is bad for your health. It can make you gain weight and cause tooth decay. Healthy eating, exercise, drinking water, getting enough sleep,



Science knowledge progression

	<p>Some materials can be changed by squashing, bending, twisting or stretching.</p> <p>Charles Macintosh invented waterproof coats.</p> <p>The most suitable materials are chosen to make objects.</p> <p>Materials can be grouped based on properties</p>	<p>vertebrate – animals with backbones</p> <p>invertebrate – animals with no backbone</p> <p>An object made of wood is classed as dead.</p> <p>Objects made of rock, metal and plastic have never been alive</p> <p>The habitat provides the basic needs of the animals and plants – shelter, food and water.</p> <p>Within a habitat there are different micro-habitats e.g. in a woodland – in the leaf litter, on the bark of trees, on the leaves.</p> <p>What an animal eats and who it gets eaten by can be shown in a food chain.</p> <p>The 5 vertebrate groups are: mammals, birds, fish, reptiles and amphibians.</p> <p>Invertebrates are insects, spiders, worms and snails.</p> <p style="text-align: center;">Food Chain</p> <p style="text-align: center;"> </p>	<p>Seeds can be all different shapes and sizes</p> <p>Every single seed has the beginnings of a new plant inside it, along with a little store of food to help it grow.</p> <p>Some plants grow first from a seed, and then develop a bulb. A bulb lets the plant rest underground over the winter when it is too cold, then grow back later in the year when conditions are right.</p> <p>Beans are a type of seed.</p> <p>Plants need water, light and a suitable temperature to grow and stay healthy.</p> <p>You need to plan when to sow and harvest crops.</p> <p>Vegetables come from different parts of a plants. They can be roots, leaves or stems.</p>	<p>brushing our teeth and keeping clean are ways in which can stay fit and well.</p> <p>When germs get into our bodies we become ill.</p> <p>It is important to wash our hands.</p> <p>There are different stages in human life. Baby, toddler, child, teenager, adult, elderly.</p> <p>Not all baby animals look like their parents when they are first born.</p>
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Science knowledge progression



birch tree



fir tree



lavender



fuchsia



buddleia



lily



tulip


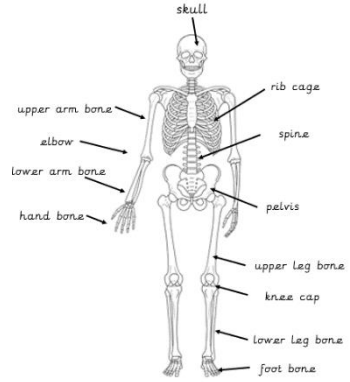


Science knowledge progression

Year 3	Magnets	Rocks and soils	Plants	Light	Keeping healthy
	<p>forces - Pushes or pulls</p> <p>friction- A force that acts between two surfaces or objects that are moving, or trying to move across each other.</p> <p>magnet- An object that creates a magnetic force that pulls objects towards it.</p> <p>repel- a force that pushes objects away.</p> <p>attract - a force that pulls objects together.</p> <p>Magnets have a north pole and a south pole. Opposite poles attract The same poles repel Magnetic force can act at a distance Plastic and wood are not magnetic Not all metals are magnetic Iron, nickel and steel are magnetic</p>	<p>rock Natural minerals clumped together in the Earth</p> <p>soil – a mix of organic material (decayed plants and animals) and broken bits of rocks, minerals, water and air</p> <p>organic matter – matter that has come from recently living organism</p> <p>fossil - the impression of an animal or plant in a rock.</p> <p>permeable – absorbs water</p> <p>impermeable - does not absorb water</p> <p>geologist – a scientist who studies rocks</p> <p>palaeontologist - a scientist who studies fossils</p> <p>Bricks and concrete are not rocks because they are man-made Rock is a natural material Not all rocks have the same properties Some rocks have holes in them called pores There are different types of soil Fossils are usually formed when a living thing (plant or animal) dies and the body is covered up or buried by</p>	<p>Photosynthesis – When the leaves use sunlight, water and carbon dioxide to make the plants food</p> <p>Seed dispersal – seeds are transported to new sites</p> <p>Pollination – is when pollen is transferred from the male part of a plant to a female part of a plant.</p> <p>Fertilisation – When pollen makes a seed.</p> <p>Pollinator – an insect that transfers pollen from one plant to another.</p> <p>Pollen – fine powder found on flowering plants.</p> <p>Nectar – a sugary liquid found in flowers.</p> <p>Germination – is when a seed starts to grow into a plant.</p> <p>The roots absorb water and nutrients from the soil and anchor the plant in place. The stem transports water and nutrients/minerals around the plant and holds the leaves and flowers up in the air. The leaves use sunlight and water to produce the plant's food.</p>	<p>light- A form of energy that travels in a wave.</p> <p>light source – something that produces its own light.</p> <p>reflection – when light bounces off an object.</p> <p>transparent – lets light through</p> <p>translucent – lets some light through</p> <p>opaque – doesn't let light through</p> <p>We need light in order to see things. Darkness is the absence of light. Smooth, shiny surfaces reflect light well. Dull and dark surfaces do not reflect light well. A shadow is formed when light is blocked. To make a shadow big, move the object closer to the light source. To make a shadow smaller, move the object further away from the light source. Opaque objects make darker shadows than translucent or transparent objects because they block more light. Light from the sun can damage your eyes.</p>	<p>nutrients – things that plants and animals need to live and grow.</p> <p>vertebrates – have an internal skeleton.</p> <p>invertebrates – do not have an internal skeleton.</p> <p>exoskeleton – has a skeleton on the outside of its body</p> <p>The 5 main food groups are: fruits and vegetables, carbohydrates, protein, dairy and fats. A balanced diet means eating a wide variety of foods in the right proportions Fibre helps turn food into waste production Fats give us energy Carbohydrates give us energy. Protein helps the body to grow and repair. Dairy keeps bones and teeth healthy. Fruits and vegetables contain fibre, vitamins and minerals to keep us healthy and well. Humans and some animals have skeletons and muscles for support, protection and movement.</p>



Science knowledge progression

	<p>Copper, aluminium, lead and brass are not magnetic</p>  <p>Horseshoe magnet bar magnet</p> <p>ring magnet button magnet</p>	<p>sediment over thousands of years. Mary Anning was a famous English fossil collector</p>	<p>The flowers job is to create seeds. Plants need air, light, water, nutrients from soil, and room to grow Seeds can be dispersed by wind, water, exploding and by animals. Bees face many threats like habitat loss, climate change and diseases.</p>		<p>Without muscles our bodies wouldn't be able to move.</p> 
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Science knowledge progression

Year 4	Sound	States of matter	Living things in their habitats	Digestive system and teeth	Electricity
	<p>volume – how loud or quiet pitch – low or high sounds sound wave – how a sound travels absorb – soak up or take in</p> <p>Sounds travel in waves. Sound is created when something vibrates and sends waves of energy into our ears. The loudness of sounds are measured in decibels The longer the object the lower the pitch The shorter the object the higher the pitch Sounds are quieter the further you get from the sound source. Sound can travel through solids, liquids and gases. Sounds travel fastest through solids because the particles are close together Sounds travel slowest through air because the particles are further apart Soft materials with air pockets are the best for absorbing sound.</p>	<p>evaporation – When liquid turns into a gas condensation – When gas turns into a liquid precipitation – liquid or solid particles that fall from a cloud like rain, snow, sleet or hail water vapour- is a gas. When water is boiled, it evaporates into water vapour. melt - when a solid changes into a liquid freeze – when a liquid changes into a solid particles – tiny pieces of matter, everything around us is made up of matter</p> <p>Solids keep their shape unless a force is applied to them. They can be hard, soft or even squashy. Liquids take the shape of the container. they can flow or be poured. Gases can spread out to completely fill the container or room they are in. They do not have any fixed shape. Different solids melt at different temperatures Water on the earth is constantly moving this process is called the water cycle</p>	<p>Respiration – creates energy using gases Sensitivity - the way living things react to changes in their environment. Reproduction - When young are produced. Excretion- get rid of waste products. Nutrition- Food which provides energy. Endangered- the species is at risk of becoming extinct. Extinct- When a species has no more members alive on the planet, it is extinct. Hibernation – when animals curl up in a safe place until winter ends. Migration - to move to another place for a period of time Vertebrate – animals with a backbone. Invertebrate – animals without a backbone</p> <p>All living things do the 7 life processes. They are: movement, reproduction, sensitivity, nutrition, excretion, respiration and growth.</p>	<p>saliva - watery liquid in the mouth for chewing and swallowing, and aiding digestion. oesophagus – a part of the body which connects the throat to the stomach stomach – the organ where digestion occurs small intestine – a long tube-like organ that connects the stomach and the large intestine. large intestine - a long, tube-like organ that is connected to the small intestine at one end and the anus at the other rectum – this connects the large intestine to the anus. tooth decay – rotting teeth enamel – outer layer of the tooth plaque – sticky deposit on teeth where bacteria grows cavities – holes in teeth</p> <p>Teeth are needed for chewing and cutting food into small pieces to start the digestive process. Humans have 3 different types of teeth which each have different functions. They are canine, molar and incisor.</p>	<p>cell – one battery electrical conductor – these let electricity pass through electrical insulator – these don't let electricity pass through electricity – a form of energy switch – a component that can be used to break a circuit</p> <p>Some electrical devices plug in to the mains and others run on batteries. An electrical circuit consists of a cell or battery connected to a component using wires. If there is a break in the circuit, a loose connection or a short circuit, the component will not work. A switch can be added to the circuit to turn the component on and off. Metals are conductors of electricity. Plastic, glass, wood and air are electrical insulators. Mains electricity is the electricity that is delivered to homes and businesses through an electric grid. The electric grid in the United Kingdom is called the National Grid</p>

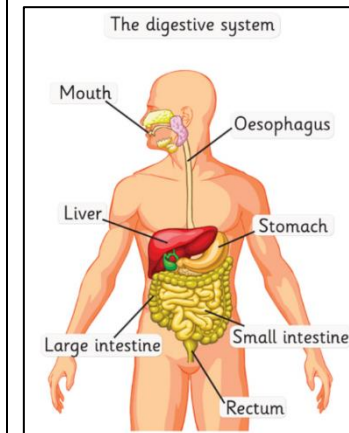
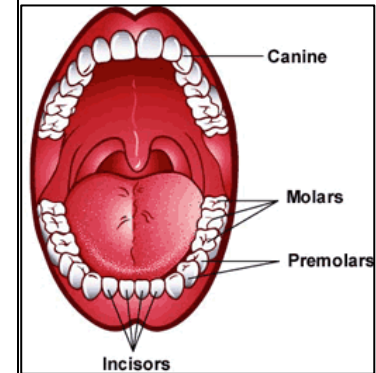


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		 	<p>Classification is a way of grouping living things together by their features. Hibernation and migration are ways that some animals deal with the harshness of winter.</p> <p>Changes to an environment can be natural or caused by humans.</p> <p>Natural changes earthquakes • storms • floods • droughts • wildfires • the seasons damaging plants</p> <p>Human made changes deforestation • pollution • creating new nature reserves</p> <p>Changes to an environment can have positive as well as negative effects.</p> <p>Mammals, birds, reptiles, amphibians and fish are vertebrates.</p> <p>Snails, slugs, worms, spiders and insects are invertebrates.</p>	<p>Incisors help you bite off and chew pieces of food.</p> <p>Canine teeth are used for tearing and ripping food.</p> <p>Molars are to help you crush and grind food.</p> <p>We have 2 sets of teeth in our life time. Milk teeth which fall out around the age of 6 and then adult teeth.</p> <p>Bacteria eats away at the tooth enamel, causing cavities.</p> <p>Sugary food and drinks are one of the main causes of tooth decay.</p> <p>The digestive system consists of the parts of the body that work together to turn food and liquids into fuel that the body needs.</p>	<p>Damaged electrical items can cause fires</p>
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Science knowledge progression





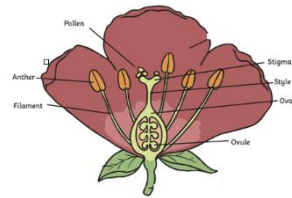
Science knowledge progression

Year 5	Forces	Materials	Living things in their habitats	Animals	Space
	<p>forces – are pushes or pulls which cause an object to move, stop, speed up, slow down or change direction.</p> <p>gravity – a force by which a planet draws objects towards its centre.</p> <p>air resistance – a type of force caused by air used to slow things down.</p> <p>water resistance – a type of force that slows things down in water.</p> <p>streamlined- an object that is shaped to travel through air or water with as little resistance as possible.</p> <p>friction - a force that acts between two objects that are in contact with one another. It slows or stops movement between the two surfaces that are touching.</p> <p>mechanisms – they cause a small force to turn into a greater force.</p> <p>levers – a simple machine which helps us to move objects.</p> <p>pulleys – is a wheel and a rope or cable used to move objects.</p> <p>gears – wheels with teeth that slot together</p> <p>Everything is pulled to the Earth by gravity.</p>	<p>dissolve – when substances mix with liquid and looks like it has disappeared</p> <p>solution – when a substance dissolves in water it makes a solution</p> <p>solubility – the ability of something to dissolve in water</p> <p>reversible change - when materials can be changed back to how they were before the reaction took place</p> <p>irreversible change – when something cannot be changed back to its original form</p> <p>thermal conductor – lets heat pass through easily</p> <p>thermal insulator - does not let heat pass through easy</p> <p>Thermal insulators keep hot things hot and cold things cold.</p> <p>Mixtures can be separated by sieving, filtering or magnetism.</p> <p>Solutions can be separated by evaporation.</p> <p>The higher the temperature the faster a substance dissolves.</p> <p>Materials are chosen for a specific purpose because of their properties</p>	<p>asexual reproduction - when a plant reproduces by making a copy of the parent plant.</p> <p>pollination – is when pollen is transferred from the male part of a plant to a female part of a plant.</p> <p>filament – stalk-like structure that attaches to the base of the flower</p> <p>anther – produces pollen</p> <p>stamen – male part of a plant. This is the filament and anther</p> <p>stigma – female part of a plant – this is at the top of the style and is where pollen is found.</p> <p>ovule - the organ that forms the seeds of flowering plants</p> <p>ovary - a part of the female reproductive organ of the flower</p> <p>style - It is a long, slender stalk that connects the stigma and the ovary</p> <p>gestation period – length of pregnancy</p> <p>Some plants can reproduce asexually – they don't always need to be pollinated.</p>	<p>primatologist – a scientist who studies primates</p> <p>primate – a type of mammal which includes lemurs, monkeys, apes and humans.</p> <p>extinct – a species that has no living members</p> <p>endangered – seriously at risk of extinction</p> <p>conservation – the act of protecting the Earth</p> <p>puberty – the time that bodies change and develop into adults</p> <p>adolescent – teenager</p> <p>Jane Goodall is an English primatologist and is one of the worlds leading experts on chimpanzees.</p> <p>Jane dedicates her life to conservation and education, spreading the message that we can all make a difference to the future of our planet.</p> <p>Puberty usually happens between the ages of 8 and 13.</p> <p>Generally, as humans get older they get taller and are able to do more things.</p> <p>Human life is a cycle of development.</p>	<p>Orbit - <i>the curved path in space that is followed by an object going round and round a planet, moon, or star.</i></p> <p>Solar system – the sun and the objects that orbit it</p> <p>Astronomer – a scientists who studies space</p> <p>Axis - an imaginary line an object turns around. This imaginary line runs directly through the object's centre, from the north to the south poles.</p> <p>Rotate – turn</p> <p>Solar – sun</p> <p>Lunar – moon</p> <p>The 8 planets of the solar system are (in order of distance from the sun) Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune.</p> <p>The sun is a star.</p> <p>The sun is at the centre of our solar system.</p> <p>Earth takes 365 and a quarter days to orbit the sun.</p> <p>The Earth rotates on its axis every 24 hours.</p> <p>The Moon orbits the Earth - it takes about 28 days to complete its orbit.</p>



Science knowledge progression

	<p>Pulleys, levers and gears are all mechanisms, also known as simple machines.</p> <p>Isaac Newton was the scientist who discovered gravity.</p> <p>Astronauts float around in space because <i>there is no gravity in space</i>.</p>		<p>Asexual reproduction includes bulbs, tubers, runners and planting cuttings.</p> <p>Mammals are the only vertebrate animal group that give birth to live young.</p> <p>Birds, reptiles, amphibians and fish lay eggs.</p> <p>Elephants have the longest gestation period in the mammal group.</p>		<p>Neil Armstrong was the first man on the moon in 1969.</p>
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







Science knowledge progression

Year 6	Light	Electricity	Living things in their habitats	Evolution	Circulatory system
	<p>light- A form of energy that travels in a wave.</p> <p>shadow - a dark area where light from a light source is blocked by an object.</p> <p>transparent – lets light through</p> <p>translucent – lets some light through</p> <p>opaque – doesn't let light through</p> <p>light source – something that produces its own light.</p> <p>reflection – when light bounces off an object.</p> <p>We need light in order to see things. Darkness is the absence of light. Light travels in straight lines. The closer the object to the light source the bigger the shadow because more light is blocked.</p>	<p>circuit – a path that an electrical current can flow around.</p> <p>battery – a device that stores energy</p> <p>bulb – a device that produces light from electricity</p> <p>buzzer – a device that produces sound from electricity</p> <p>motor – a device that produces movement from electricity</p> <p>switch – a device that controls the flow of electricity in a circuit</p> <p>volts – the strength of electricity that moves through a circuit</p> <p>Adding more batteries to a complete circuit will make a bulb brighter, a motor spin faster or a buzzer make a louder sound. Batteries with a higher voltage will make a bulb brighter, a motor spin faster or a buzzer make a louder sound. Turning a switch off breaks a circuit so the circuit is not complete and electricity cannot flow.</p>	<p>micro-organism – tiny living things that can only be seen with a microscope.</p> <p>organism – living thing</p> <p>botanist – scientists that study plants.</p> <p>zoologist – scientist that study animals.</p> <p>Animals are either vertebrates or invertebrates. All animals can be classified. Not all plants have flowers. Plants that don't have flowers are moss, ferns and pine trees.</p> <p>There are three main types of micro-organisms: viruses, bacteria and fungi. Not all micro-organisms are harmful.</p> <p>Yeast is a type of fungus that is needed to make bread. Yogurt is made using a type of bacteria. Mushrooms are not plants - They are a fungi.</p>	<p>inheritance – passing on characteristics to offspring</p> <p>evolution – the changing of a species over time</p> <p>offspring – a person or animals' child or young</p> <p>variation - differences</p> <p>breed – same species with a different appearance</p> <p>fossil - The remains or imprint of a pre-historic animal, embedded in rock and preserved</p> <p>palaeontologist - a scientist who studies fossils</p> <p>biologist – a scientist that study living things</p> <p>We inherit some features from our parents. Fossils provide information about living things that inhabited the Earth millions of years ago. Plants and animals adapt to their environments to enable them to survive. Adaptation can lead to evolution. Scientists believe that all species gradually change over time. Charles Darwin was a British biologist who develop the theory of evolution.</p>	<p>Blood vessels – tubular structures that carry blood. These are veins or arteries.</p> <p>Circulatory system - The system that contains the heart and the blood vessels and moves blood throughout the body.</p> <p>Plasma (a straw -coloured liquid) which transports dissolved food, mineral salts and waste products.</p> <p>Red blood cells - transport oxygen around the body.</p> <p>White blood cells kill bacteria by engulfing them and antibodies that dissolve into the plasma and kill invading bacteria.</p> <p>Platelets help blood to clot and wounds heal.</p> <p>Blood acts as a transport system for oxygen, nutrients and waste within the body. It also protects the body against invading bacteria. Blood is pumped around the body by the circulatory system. The heart is a muscle which pumps blood around the body. The heart is about the size of your fist. Cigarettes and alcohol are a type of drug.</p>



Science knowledge progression

		<p>More voltage is used up if you add bulbs, buzzers and motors.</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;">  bulb </div> <div style="text-align: center;">  ammeter </div> <div style="text-align: center;">  voltmeter </div> <div style="text-align: center;">  battery </div> <div style="text-align: center;">  cell </div> <div style="text-align: center;">  buzzer </div> <div style="text-align: center;">  motor </div> <div style="text-align: center;">  open switch </div> <div style="text-align: center;">  closed switch </div> </div>		<p>Humans can change the characteristics of living things through selective breeding.</p>	<p>Medicines are a type of drug and are used to help people get better if they are ill. It is important to get plenty of sleep to give your body time to recover and recharge for the next day. A balanced diet means eating a wide variety of foods in the right proportions. Fish and insects have different circulatory systems to mammals. Some animals have more than one heart – An octopus has 3!</p>
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