

# Contents

<b>1</b>	How our body works	<b>6</b>
<b>2</b>	Look after your health!	<b>18</b>
<b>3</b>	Plants	<b>30</b>
<b>4</b>	Animal groups	<b>42</b>
	Review	<b>54</b>
<b>5</b>	Animal habitats	<b>58</b>
<b>6</b>	A planet called the Earth	<b>70</b>
<b>7</b>	A matter of force	<b>82</b>
<b>8</b>	Great inventions	<b>94</b>
	Review	<b>106</b>
<b>9</b>	Towns and cities	<b>110</b>
<b>10</b>	Means of transport	<b>122</b>
<b>11</b>	Means of communication	<b>134</b>
<b>12</b>	Past and present	<b>146</b>
	Review	<b>158</b>
	Picture dictionary	<b>163</b>

	CONTENTS	EMPHASIS ON BASIC COMPETENCES	
<b>1</b> How our body works	Why do we need food?	8	<b>WHAT HAVE WE LEARNED?</b> 14
	What types of food do we need?	9	<b>FOOD HYGIENE</b> 16
	Why do we need a digestive system?	10	Different ways of preserving food and how to interpret sell-by dates.
	Why do we need a respiratory system?	11	<b>GROUP WORK</b> 17
	Why do we need a circulatory system?	12	<b>Make a body mural</b>
	Why do we need a locomotor system?	13	Making posters about the digestive, respiratory, circulatory and locomotor systems.
<b>2</b> Look after your health!	What does it mean to be healthy?	20	<b>WHAT HAVE WE LEARNED?</b> 26
	How can we look after our digestive system?	21	<b>HEALTHY FREE TIME</b> 28
	How can we look after our lungs and heart?	22	How to be healthy and have fun at the same time.
	How can we look after our bones and muscles?	23	<b>GROUP WORK</b> 29
	Why do we get ill?	24	<b>Health week</b>
	How can we get better?	25	Making posters for a <i>Health week</i> at school.
<b>3</b> Plants	What do plants need to live?	32	<b>WHAT HAVE WE LEARNED?</b> 38
	What are the parts of plants?	33	<b>LOOKING AFTER OUR FORESTS</b> 40
	What are the different types of plants?	34	The importance of forests and how to look after them.
	How do new plants grow?	35	<b>GROUP WORK</b> 41
	How do plants adapt to their environment?	36	<b>A paper garden</b>
	Why are plants essential for life?	37	Making a plant catalogue with different examples of trees, bushes and grasses.
<b>4</b> Animal groups	What is the main difference between animals?	44	<b>WHAT HAVE WE LEARNED?</b> 50
	How do animals look different?	45	<b>LOOK AFTER YOUR PET!</b> 52
	What are wild and domestic animals?	46	Tips for keeping pets healthy and happy.
	Where do animals live and how do they move?	47	<b>GROUP WORK</b> 53
	What do different animals eat?	48	<b>Guess the animal game</b>
	How are different animals born?	49	A game where you guess the animal according to the groups it belongs to.
<b>5</b> Animal habitats	How are animal habitats different?	60	<b>WHAT HAVE WE LEARNED?</b> 66
	How do animals adapt to their habitats?	61	<b>ANIMALS IN DANGER OF EXTINCTION</b> 68
	Which animals live in rainforests?	62	The Spanish lynx. Where it lives, what it eats and why it is in danger of extinction.
	Which animals live in deserts?	63	<b>GROUP WORK</b> 69
	Which animals live in polar regions?	64	<b>Animal habitat mobiles</b>
	Which animals live in forests?	65	Making mobiles of animals that live in the same habitat.
<b>6</b> A planet called the Earth	What is our planet like?	72	<b>WHAT HAVE WE LEARNED?</b> 78
	What different types of water are on the Earth?	73	<b>SAVE OUR PLANET'S WATER!</b> 80
	What is in the sky?	74	Ways of consuming less water in everyday life.
	When do we see the Sun? And the Moon?	75	<b>GROUP WORK</b> 81
	Why is there day and night?	76	<b>The Sun, the Earth and the Moon in motion</b>
	Why are there different seasons?	77	Making posters and simulating the movement of the Earth around the Sun, and the Moon around the Earth.

	CONTENTS		EMPHASIS ON BASIC COMPETENCES	
<b>7</b> A matter of force	What makes an object move?	84	<b>WHAT HAVE WE LEARNED?</b>	90
	How can a push and a pull make an object move?	85	<b>AN INVISIBLE FORCE</b>	92
	Do all objects move the same way?	86	Making games that use magnets.	
	What makes an object change shape?	87	<b>GROUP WORK</b>	93
	Why do objects fall to the ground?	88	<b>Forces workshop</b>	
	What objects do magnets attract?	89	Setting up and carrying out experiments to analyse the effect of forces.	
<b>8</b> Great inventions	What is a discovery? What is an invention?	96	<b>WHAT HAVE WE LEARNED?</b>	102
	How do inventions happen?	97	<b>PRINTING PRESS AND BOOKS</b>	104
	Which inventions use electricity?	98	Before and after the printing press and how it worked.	
	Which inventions and discoveries are important for our health?	99	<b>GROUP WORK</b>	105
	Which inventions help us to communicate or to move from place to place?	100	<b>Inventions workshop</b>	
	What can we use a computer for?	101	Doing research about inventions in different areas and making posters about them.	
<b>9</b> Towns and cities	What are towns and cities like?	112	<b>WHAT HAVE WE LEARNED?</b>	118
	What is your nearest town or city like?	113	<b>MAKE YOUR COMMUNITY A BETTER PLACE</b>	120
	What is living in a city like?	114	How to be a good member of your community.	
	What is living in a town like?	115	<b>GROUP WORK</b>	121
	Who organises the services in towns and cities?	116	<b>Play at mayor and councillors</b>	
	What other people work in public services?	117	Role play game of being the mayor and councillors in your town hall.	
<b>10</b> Means of transport	Where can you see road vehicles?	124	<b>WHAT HAVE WE LEARNED?</b>	130
	Where can you see trains?	125	<b>PUBLIC TRANSPORT</b>	132
	Where can you see ships and boats?	126	Safety rules and other rules about how to behave on public transport.	
	Where can you see planes?	127	<b>GROUP WORK</b>	133
	How can we move inside a town or city?	128	<b>Transport quiz</b>	
	What special uses do we make of boats, planes and vehicles?	129	A game where you test your friends' knowledge about transport.	
<b>11</b> Means of communication	How do we communicate with each other?	136	<b>WHAT HAVE WE LEARNED?</b>	142
	What different means of communication are there?	137	<b>THE DANGERS OF ADVERTISING</b>	144
	How do we use different means of communication?	138	Looking at adverts in means of communication with a critical eye.	
	How can we find information?	139	<b>GROUP WORK</b>	145
	What is the internet?	140	<b>Communication survey</b>	
	How do we find information on the internet?	141	A survey about how we use different means of communication. Making a poster with the results.	
<b>12</b> Past and present	What is the present, the past and the future?	148	<b>WHAT HAVE WE LEARNED?</b>	154
	How do we know about what happened in the past?	149	<b>MEMORIES OF THE PAST</b>	156
	What was life like in the Stone Age?	150	Different types of museums and what can be learned from them about the past.	
	What was life like in medieval times?	151	<b>GROUP WORK</b>	157
	What was the Age of Discovery?	152	<b>A journey to the past</b>	
	How is life different now?	153	Research into the important buildings, famous people and traditions of your town or city.	