

What happens at night time?



Bedtime routines

West Norfolk Academies Trust Autumn 2 – Key Knowledge

- I know about bedtime routines
- I can name some nocturnal creatures
- I understand differences with night and day



Nocturnal creatures



The moon and the stars



People who Work at night



The importance of sleep

| Key vocabulary | Definitions |
|---------------------------------------|--|
| Sunrise, Dusk, Sunset and Night time | Words we call the position of the sun as the earth moves through 24 hours of a day |
| Nocturnal | A creature that hunts at night for food and who sleeps in the day |
| Morning, Afternoon, Evening and Night | Times of the day when people go about their routines |
| Routines | Things that people do in order to help them through the day |
| Bed time | A time in the evening when people go to bed to make sure they get enough rest |

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