

Year 2: How do I keep myself healthy?

LC1 Why is it important for you to grow? What can you now do that you couldn't 6 years ago?

LC2 What do I need to survive?

LC3 Why would it not be sensible for me to eat sweets everyday? Why is diet and '5 a day' important?

LC4 Why is exercise important?

LC5 How do I keep myself clean?

Hook for Learning:

Disgusting Sandwich- Smallman
Wiffy Wilson the Wolf who wouldn't wash- Hart
Burger Boy
Handa's Surprise

We learn the following vocabulary:

Diet, balanced, healthy, unhealthy, hygiene, exercise, growing, changing, carbohydrates, protein, fruit and vegetables, dairy, fats and sugars, off-spring, nutrition, survival, sugary teeth, salty, heart disease,

We learn the following musical knowledge and skills...

Revising all learning for a performance
The language of music

We learn the following scientific knowledge and skills...

- describe what animals need to survive (water, food, air)
- explain that animals grow and reproduce (off-spring, adults)
- describe the life cycle of some living things (e.g. egg- chick- chicken and babies- toddler-child-teenager-adults and spawn- tadpole-frog)
- explain the basic needs of animals, including humans?
- describe why exercise, a balanced diet and hygiene is important for humans

As Talkers can we...?

Discuss how stay healthy.

Listen to each other and share ideas.

We learn the following computing knowledge and skills...

Using ICT to combine text and pictures to create a healthy lifestyle booklet.

As Thinkers can we...?

Think about how to carry out an investigation fairly (pulse after rest, exercise etc).

We learn the following writing knowledge and skills...

Creating an information booklet detailing the needs of humans and how to stay healthy.

We learn the following mathematical knowledge and skills...

Calculating the difference in number of heart beats per minute when carrying out different activities.

Finding out the favourite fruit or vegetable in class, calculating the difference and presenting findings in a simple graph.