

Topic learning: Healthy living Year 2

<p>What do we know about Healthy Living? Discuss & pose questions e.g. why do we need to eat fruit every day? How can we stay healthy? Investigate & find answers</p>	<p>What do humans need to survive? Think about difference between 'want' & 'need' e.g. do we need our Ipads to survive? Create a poster of things we need to survive</p>	<p>What do you think is better for us - water or fizzy drinks? Have a debate! Design a healthy drink (and make if you have the ingredients)</p>	<p>Discuss the importance of cleaning ourselves properly - how often do we wash and what parts of our body we wash. What are germs? What is bacteria? Discuss how there are bad bacteria but also good bacteria and that we need to wash regularly to keep ourselves healthy. Science investigation Fill a bowl with water & add pepper Put your hand in it - What happens? (The pepper should stick to your finger) Then thoroughly wash your hands with soap, add your finger to the bowl now, what happens? (The pepper doesn't stick to your finger) Draw and label / write about the investigation</p>
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<p>Show children germ stopper poster - http://www.algomapublichealth.com/UserFiles/File/Media/Handwashing/501.pdf</p> <p>Demonstrate washing hands in a bowl. Ch to then go and wash their hands correctly in the toilets using step by step guide.</p> <p>Create a poster / step by step guide to washing your hands</p>	<p>Make a list of foods they currently have in their lunchboxes at lunchtime/picnics with family. Are these healthy? Why? Make a list of all the healthy foods and drinks we can choose to make our lunch healthier.</p> <p>Explain to the children that although chocolate is bad for you on a regular basis, little bits won't hurt</p> <p>Plan a healthy lunch box.</p>	<p>Create a meal planner.</p> <p>Challenge is to make sure it is a healthy, balanced diet.</p>	<p>Find time to exercise everyday</p> <p>Which exercises did you enjoy?</p> <p>What happens to your body when you exercise?</p>
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<p>https://www.oysterpark.co.uk/images/media/doc/year-2---history-florence-nightingale.pdf</p> <p>Learn about hospitals in the past & the significant individual Florence Nightingale</p> <p>Write a fact file about Florence Nightingale, what were hospitals like in the past?</p>	<p>Recap learning about Florence Nightingale and conditions back when she was a nurse.</p> <p>Compare her to another nurse from a different time. Show children on a map England, Belgium and Austria as this is where she worked.</p> <p>Watch videos on Edith Cavell http://www.bbc.co.uk/schools/0/ww1/28095692 http://www.bbc.co.uk/education/clips/z84k2hv .</p> <p>Chn to compare her life and what she did to Florence Nightingale - discuss the similarities and differences between them</p>	<p>Create a healthy living persuasive leaflet, persuading families to live healthier</p>	<p>When looking at the photos, ask the children to work out the order of the animal's life cycle.</p> <p>http://www.bbc.co.uk/learningzone/clips/african-animals-and-their-young/12646.html</p> <p>http://www.bbc.co.uk/learningzone/clips/what-are-baby-animals-like/12670.html</p>
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<p>How can you work out the order of the animals' life cycles?</p> <p>Look at pictures of different animals at various points in their development. Put together the pictures of the same animal. They will then order each of the animals' pictures from young to adult. It would be more challenging to include a range of different types of lifecycles:</p> <ol style="list-style-type: none">1. A chicken - http://learncreatelove.com/?p=80132. A frog - http://www.topmarks.co.uk/spring/FrogLifeCycle.aspx?page=ks23. A newt4. A dragonfly5. A butterfly	<p>www.see.nature.co.uk</p> <p>Look at the live stream from Eastry Schools bird box</p> <p>Write about what you discover</p>		
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