

# St. Anne's Catholic Primary School

## Year 2 Knowledge Organiser

# 'Healthy Bodies, Healthy Minds'

"Loving God In All We Do."



### The 'Healthy Bodies, Healthy Minds' topic is about ...

...learning how to stay healthy, both physically and mentally. The children will explore why exercise is important not only to keep us fit but to support our well-being.

By the end of the topic, the children will be able to describe foods which help us nourish our bodies and know the importance of hygiene. They will also explore how medicines can be used when we are ill, but also how they can be harmful if used unsafely.

## **Vocabulary**

#### Science

Growth, grow, offspring, health, healthy, unhealthy, variety, germs, exercise, medicine, safe, unsafe.

#### Music

Pitch, duration, dynamics, tempo, timbre, texture, silence.

### Computing

Coding, algorithm, instructions, commands (repeat & timer), debugging, program,

### Art and Design

Observations, drawing, sculpture, objects, tools, materials.

#### **Design Technology**

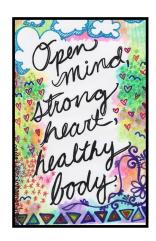
Cut, peel, grate, chop, hygienic, ingredients, variety.

# What we already know...

In class we have been discussing what is meant by the terms "healthy" and "mind" and what contributes towards having healthy bodies and minds. During our discussions, children defined 'mind' by saying it is "how we think, feel and move" and how "the key to being healthy is balance." They also where able to identify various forms of exercises to help keep us fit and healthy foods such as "drinking plenty of water" and "lots of fruit and vegetables".

## By the end of the topic we will know (NC)

- Notice that animals have offspring which grow into adults.
- Find out about and describe the basic needs of animals for survival (water, food and air).
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
- Medicines can be useful when we are ill.
- Medicines can be harmful if not used properly.





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### Wider curriculum learning

In *Design Technology* the children will be designing and making their own healthy fruit smoothie. They will be learning the skills of chopping, peeling, cutting and grating. They will also design and make a skeleton with moving parts.

During Art we will be looking at the artist Henry Moore and developing drawing and sculpture in his style.

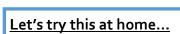
Part of the *Computing* curriculum, we will be looking at algorithms and how they are implemented as programs on devices and how to debug them if there are errors. We will also be developing an understanding of the importance of computers and the internet to communicate.

We will also be participating in regular meditation, and exercise to help promote mindfulness as well as learning strategies to help maintain a positive well-being.

### We are going to read a range of texts from the 'Traditional Tales with a Twist' genre:

- Jack and the Baked Beanstalk
- Prince Cinders
- The True Story of the Three Little Pigs
- Cinderella & the Incredible Techno-Slippers
- Your truly, Goldilocks
- The Three Horrid Little Pigs
- The 'Mr Wolf' series by Jan Fearnley

We will also read the rhyming book 'Funnybones' by Janet & Alan Ahlberg and try to recite parts of it.



- Practise chopping vegetables and fruit under supervision of an adult!
- Plan a picnic for your family following healthy nutrition rules. Take a photograph to bring into school.
- Find out more about sculptors by taking a trip to Crosby beach to see the Iron Men.
- Participate in yoga sessions with your family using various child friendly routines such as Cosmic Kids Yoga.

#### Key dates for this half-term

Please send reading books in to school on *Thursdays* to be changed and ready to go home on *Friday*.

Homework will be given on Fridays via the Class Charts on-line platform.

