

## 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 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 they are not used safely.



### What we already know...

The children have been discussing what is meant by the terms "healthy" and "mind" and what contributes towards having healthy bodies and minds. During the 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 were able to identify various forms of exercises to help keep us fit and healthy foods such as "drinking plenty of milk and water" and "lots of fruit and vegetables".



### By the end of the topic we will know ...

- That animals have offspring which grow into adults.
- How to describe the basic needs of animals for survival (water, food and air).
- How to 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.

### Vocabulary

#### Science

Hygiene, growth, grow, offspring, health, healthy, unhealthy, variety, germs, fitness, exercise, medicine, safe, unsafe, fruit, vegetables, diet.

#### Working Scientifically

Observation, research.

#### Art and Design

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

#### Computing

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

#### Design Technology

Design, jottings, label, materials, evaluate, improve, finger puppet, join, attach.

#### Cooking and Nutrition

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

#### Music

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





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#### Wider curriculum learning

During *Art* we will be looking at the artist Keith Haring and developing drawing and sculpture in his style.

Part of the *Computing* curriculum is 'Making Music', that will provide the children with the knowledge and understanding to create simple and more complex animations using 2Sequence. The children can use 2Sequence to explore harmony and build up musical scores.

In *Design Technology* the children will be designing and making their own vegetable soup. They will be learning the skills of chopping, peeling, cutting and grating. They will also design and make a puppet based on a Roald Dahl character.

The focus of our PSHE sessions we will be health and well-being. The children will be participating in regular exercise to help promote mindfulness, as well as learning strategies to help maintain a positive well-being. They will be discussing the importance of sleep, and different ways to rest, relax and feel good.

#### We are going to read a range of texts from:

##### Stories with a familiar setting

'George's Marvellous Medicine' by Roald Dahl

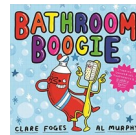
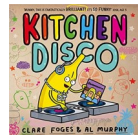


##### Instructions

Linking with our Cooking & Nutrition project to make vegetable soup.

##### Poems on a theme

'Kitchen Disco' & 'Bathroom Boogie' by Clare Foges



#### Let's try this at home...

- 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

**Autumn term:** Thursday, 2nd Sept —Friday, 22nd Oct.      **INSET Day:** Wednesday, 1st Sept

**PE Days:** Monday & Thursday. Please wear full school PE kit & trainers. Please bring in water bottles.

**Reading books:** Changed on Fridays.      **Homework:** Set on Class Charts/ My Maths/ Education City on Fridays.