



St. Anne's Catholic Primary School

Year 1 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. In addition to exploring why exercise is important to keep us fit, they will also think about what keeps our minds healthy and learn techniques that help us to do this. By the end of the topic, the children will understand the term 'well-being'.

What we already know...

We asked the children what they already knew about how to stay healthy. (Prior knowledge). This is what they said...

- It is healthy to drink water and milk
- We need to eat vegetables, vitamins and protein
- We need to run and jog
- We must wash our hands to sanitise them
- We can wear masks to protect us
- We must keep a social distance and not hold hands
- We are safe if we stay in our bubble
- We must brush our teeth
- We should not eat sweets

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

Animals - Humans

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
- Recognise that humans are animals.
- Compare and describe differences in their own features (eye, hair, skin colour, etc.)
- Recognise that humans have many similarities.

Vocabulary

Science

Parts of the body for humans, e.g. body, head, neck, arms, legs, face, ears, eyes, nose, hair, mouth, hands, wrists, elbows, fingers, nails, feet, toes, knees, thigh, ankles, calf, eyebrows, eyelashes, teeth, tongue, lips, hips, waist, chest, shoulders, back.

Comparative language, e.g. tall/ taller/ tallest, long/ longer/ longest, similar to, different from, etc.

Describe, observe, notice, compare. Expressions making generalisations e.g. 'we all...'

Music

Rhythm, long, short, beat, quick, low, chorus, listen, silence, appraise.

Computing

Log in, log out, username, password, my work, avatar, notification, topics, tools, save, sort.

Art and Design

Drawing, painting, techniques, line, texture, colour, shape.



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Wider curriculum learning

This half-term our focus will be on ensuring that the children are happy coming to school under unusual circumstances. To support us in this we will be enjoying some yoga whereby the children will concentrate on having a healthy body and mind and what this means. Ask them to show you some yoga poses!

This half-term, as part of our 'Stories by the Same Author'. We will explore a range of texts written by Oliver Jeffers.

These texts are beautifully written and illustrated, often with a hidden message about what is important.

Lost and Found (main focus)
How to Catch a Star
The Way Back Home
Stuck
Up and Down

Let's try this at home

Oliver Jeffers' book, Lost and Found, explores the friendship between a boy and a penguin. What can you find out about penguins? Where do they live? What do they eat? Use your research skills to find out as many interesting facts as you can. Share your information with your teacher and class friends.

Key dates for this half-term

European Day of Languages - 26th September 2020

Half-term - Monday 26th October - Friday 30th October 2020