



## 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...

- We need to brush our teeth twice a day.
- We need to exercise.
- We need to have lots of water.
- Washing our hands.
- Keeping clean.
- We need fresh air.
- We need to sleep and rest to stay healthy.
- We need to eat healthy food like fruit and vegetables.

#### 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.

##### **Design and Technology**

Plan, design, evaluate, hygiene



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#### Wider curriculum learning

This half-term our focus will be on ensuring that the children are happy coming to school and adapting to the Year One routines. 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! In our Design Technology lessons the children will explore a range of fruits, then design and create a fruit kebab.

#### 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** - 24th September

**Year One Welcome Meeting**— 27th September

**Whole school Open Afternoon**—1st October

**Handwashing Nurse visit**— 1st October

**Half-term** - Monday 25th October - Friday 29th October

**Wow event**— we are having a visit from the handwashing nurse and will use a UV light-box to detect whether we have washed our hands properly!

**Snack**—the children are provided with a snack in the morning. We ask for a voluntary contribution of £1 a week.