

## 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 also know the importance of hygiene. They will explore how medicines can be used when people 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

#### **RE— Beginnings**

beginning, new start, family, friend, creation, psalm, litany

#### **Signs & Symbols**

garment, Easter candle, font, chrism, Good News sign, symbols

#### **Science**

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

#### **Working Scientifically**

Observation, research.

#### **Music**

Orchestra, instruments, string, woodwind, brass, percussion, vocals, sound effect, timbre, dynamics, tempo

#### **Computing**

Beat, compose, note, tune, sound effect, soundtrack, speed, tempo, volume

#### **Art and Design**

Observations, first-hand, drawing, objects, tools, scale, proportion, artists, similarities and differences, line and shape

#### **Design Technology—Cooking & Nutrition**

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



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#### Wider curriculum learning

During *Art* we will be looking at the artist Keith Haring and developing drawing 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 a healthy picnic. We would love you to come and join us for an afternoon picnic. They will be learning the skills of chopping, peeling, cutting and grating.

The focus of our PSHE sessions 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

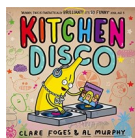


##### Instructions

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!

Participate in yoga sessions with your family using various child friendly routines such as Cosmic Kids Yoga.

#### Key dates for this half-term

**INSET Days**—1st and 2nd September     **Autumn term:** Monday, 5th Sept —Friday, 21st Oct.

**PE Days**—Wednesday (Tennis) & Friday (Yoga—mindful movement). 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.

**Roald Dahl Day** — Tuesday, 13th September     **Picnic with our parents** —Wednesday, 19th Oct

**Curriculum Evening & Meet the Teacher**—Wednesday, 21st September 6pm