

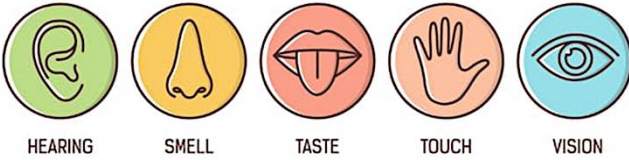



<p>Subject: Science</p>	<p>Year Group: 2 Term: Autumn 2</p>	<p>Title: Fighting Fit</p>																		
	<p>Key Knowledge</p> <ul style="list-style-type: none"> • Know the effect physical activity has on their body. • Know the importance of eating a healthy range of food. • Understand the importance of daily physical exercise. • Know the names of basic body parts and where they are. • Know the names of our senses and which body part they are associated with. 	<p>Key Questions</p> <ul style="list-style-type: none"> • What do we need to stay alive? • Why do we eat? • Why do we drink? • What if we had no food or drink? • Why do we need to exercise? • What makes up a healthy, balanced diet? 																		
<p>Key Skills</p> <ul style="list-style-type: none"> • Describing the basic needs for human survival. • Explaining the need for exercise. • Identifying what constitutes a healthy, balanced diet. • Identifying food items and the food group they belong to. <p style="text-align: center;">FIVE SENSES</p>  <p>HEARING SMELL TASTE TOUCH VISION</p>	<p>A Good Scientist...</p> 	<p>Key Vocabulary and definitions</p> <table border="1"> <tr> <td>Survival</td> <td>The state or fact of continuing to live.</td> </tr> <tr> <td>Growth</td> <td>The process of increasing in size.</td> </tr> <tr> <td>Offspring</td> <td>A person's child or children.</td> </tr> <tr> <td>Exercise</td> <td>Physical activity carried out to improve health and fitness.</td> </tr> <tr> <td>Hygiene</td> <td>The practice of cleanliness to prevent disease.</td> </tr> <tr> <td>Fats</td> <td>A fatty substance, made from animal or plant products used in cooking.</td> </tr> <tr> <td>Protein</td> <td>A nutrient found in foods such as meat, milk and eggs.</td> </tr> <tr> <td>Dairy</td> <td>Foods produced from or containing milk of mammals.</td> </tr> <tr> <td>Carbohydrates</td> <td>Foods which are made up of many sugars or starch.</td> </tr> </table>	Survival	The state or fact of continuing to live.	Growth	The process of increasing in size.	Offspring	A person's child or children.	Exercise	Physical activity carried out to improve health and fitness.	Hygiene	The practice of cleanliness to prevent disease.	Fats	A fatty substance, made from animal or plant products used in cooking.	Protein	A nutrient found in foods such as meat, milk and eggs.	Dairy	Foods produced from or containing milk of mammals.	Carbohydrates	Foods which are made up of many sugars or starch.
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Academic Year 2024-2025

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