



let anyone look down on you because you are young but set an example for the believers in speech; in conduct; in love; in faith and in purity.
(1 Timothy 4:12)

Subject: Science	Year group: 2 Term: Autumn 2	Title: Fighting Fit! - Biology									
What should I know? • The effect physical activity has on their body • The importance of eating a healthy range of food • The importance of daily physical exercise • The names of basic body parts and where they are • The names of our senses and which body part they are associated with	Facts I will learn ... • That humans have offspring (babies) which grow into adults • That humans have basic needs (water, food and air) for survival • The importance of exercise, hygiene and a healthy, balanced diet 	Key questions ... • 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? 									
Key Skills... • 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	Experiences that school may provide: • A visit from a nutritionist or doctor • An opportunity to taste new foods • An interview with the school cook about the healthiness of the school lunch menu 	Key vocab and definition <table><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</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
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			fitness.
		Hygiene	The practise of cleanliness to maintain health and 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 the milk of mammals.
		Carbohydrates	Foods which are made up of many sugars or starch.
		Fruit	The sweet and fleshy product of a tree or other plant.
		Vegetable	A plant or part of a plant used as food – potato.
Web links https://healthykidshealthyfuture.org/5-healthy-goals/nurture-healthy-eaters/classroom-activities/ https://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities	Experiences that could be provided at home... - Plan and help make a healthy lunch/picnic - Shopping opportunities where children can look at and compare nutritional information of different products		