

Year 2 Knowledge Organiser

How can I stay in top shape?

In this topic we will learn:

How can I look after my body?

It is important to look after our bodies. There are many ways to do this. We should exercise our bodies, eat the right amount of different types of foods and clean our bodies.

What do I need to survive?

Animals including humans have basic needs for survival. These are water to drink, food to eat and air to breathe. We also need a safe place to live where we can rest and sleep.

How will I change as I grow up?

Animals including humans change as we grow. Animals and humans grow from babies (or young) to adults. This cycle then continues.



Useful Weblinks

Look at these links for more information about our topic:

1. <https://www.bbc.co.uk/bitesize/topics/zqbxqfr/articles/zxvkd2p>
2. <https://www.bbc.co.uk/teach/class-clips-video/science-ks1-keeping-my-body-healthy/zk4dwtty>

Previous learning

- a variety of common animals including fish, amphibians, reptiles, birds and mammals,
- the basic parts of the human body,
- the 5 senses.

You should already know:

In this topic we will learn:

All animals, including humans, have these 3 basic needs: Air, Water and Food.

Clean air to breathe.



Clean water to drink.



A healthy variety of food to eat.



To stop illness from spreading, we must be hygienic and keep ourselves clean.



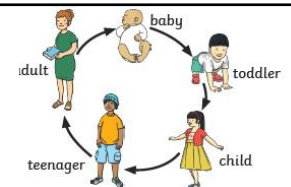
We should brush our teeth twice a day.



All young animals including **humans** change at different stages as they grow into adults.

Some animals lay eggs. Such as birds and reptiles.

Some animals including humans give birth to live young. Their offspring normally look like them.



Vocabulary Dozen



diet

the food and water that an animal need



disease

illness or sickness



energy

the power needed for your body to carry out a task



exercise

a physical activity to keep your body fit



germs

bugs that cause disease or illness



healthy

to be disease free (by having a well-balanced diet, doing regular exercise and practising good hygiene)



human

another word for a person



hygiene

to keep your body and teeth clean so you stop germs from spreading



reproduce

when living things make a new living thing of the same kind



survival

being able to live or exist



offspring

the children of humans or the young of animals



young

baby animals