



Year 2 Science  
Aut 2  
Topic: Fighting Fit

| Key Facts  | Diagram/Investigations  |  |
|--|---|--|
| <p>Humans, have offspring which grow into adults.<br/>The stages of life are; Baby, Toddler, Child, Teenager, Adult<br/>Air, Food and water are a basic requirement for life.<br/>Good <b>hygiene</b> is keeping ourselves and the things around us clean, to keep us healthy.<br/>A <b>balanced diet</b> means that each day we try to eat lots of different types of food, in the right amounts, to give us enough <b>nutrients</b> to stay healthy.<br/>Medicines can be useful when we are ill and can be harmful if not used properly.<br/>We need to move to stay healthy.</p>   |  |  |
| Key Learning:  | Prior Learning:   | Books to support/<br>Enrichment Opportunities:   |
| <ul style="list-style-type: none"> <li>▪ Know the basic needs of humans, for survival (water, food and air).</li> <li>▪ To know that animals and humans have offspring which grow into adults.             <ul style="list-style-type: none"> <li>▪ Sequence the human life cycle.                 <ul style="list-style-type: none"> <li>▪ To know we grow and change-Compare handspans</li> <li>▪ To know what happens to our bodies when we exercise.</li> </ul> </li> </ul> </li> <li>▪ Know medicines can be useful when we are ill and can be harmful if not used properly.             <ul style="list-style-type: none"> <li>▪ To investigate the importance of healthy eating and hygiene.</li> </ul> </li> </ul> | <p>What are the five senses and how do we use these to find out about the world</p> | <p>Awesome Offspring to Healthy Adults eBook</p> |

## Subject Specific Vocabulary

| Key word   | Definition   |
|------------|--|
| Survival   | Staying alive  |
| Diet       | The food and water an animal needs   |
| Hygiene    | How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading. |
| Nutrients  | The goodness in food   |
| pulse      | The beating of the heart that can be felt in your neck and wrist.                                    |
| germs      | Tiny living things that can cause disease.   |
| adult      | A fully grown animal or plant.   |
| offspring  | The child of an animal.  |
| young      | Offspring that has not reached adulthood.  |
| live young | Offspring that has not hatched from an egg   |
| life cycle | The changes living things go through to become an adult.   |