 Knowledge Organiser

Year 2 - Summer Term A

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| **Vocabulary** | |
| **Exercise** | **Exercise** means playing, being physically active and making our heart work harder than normal |
| **Healthy** | Being healthy means we look after our bodies, including our minds, muscles and bones. It also means that we are not ill. |
| **Calm** | Calm means we feel happy, relaxed and able to use our bodies how we wish. |
| **Fitness** | Fitness means being able to use our bodies to complete a number of tasks throughout the day. The fitter we become the more we can do without stopping. |
| **Muscles** | Muscles move the different parts of our body by  contracting and relaxing |
| **Heart** | The heart is a muscle that pumps blood around our bodies. |
| **Hygiene** | Hygiene is a collection of habits that we perform to keep themselves clean and their bodies healthy |
| **Germs** | Tiny living things that cause illness |

**Science – Importance of being healthy**

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| **Why should we be healthy?** | | |
| * Being healthy makes us feel happy. * It can make our bodies stronger, including our bones and muscles. * It can help our body to recover, build and grow * Demonstrating good hygiene can stop germs spreading and can stop us from getting ill. * Sometimes we do get ill and medicines can help us recover and stay healthy. | | |
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| **Ways to keep healthy** | | |
| **Exercise** | **Eating Healthy Foods** | **Resting** |
| **Example:** running | Eating fruit and vegetables | Sleeping at night time |
| **Keeping Clean** | **Taking Medication** | **Looking After our Minds** |
| **Example:** washing hands | **Cold tablets** | **Being kind to ourselves** |