

Healthy Body, Healthy Minds Spring 2 – UKS2/LKS2/**KS1** Science Year 2

Title of area of learning - Healthy Body, Healthy Minds

Science - Why do we need the right amount of exercise and need to eat the right amounts of different types of food?

Animals, including humans

To keep healthy, we should eat a balance of foods every day.
 We should eat plenty of fruit and vegetables each day – at least five portions.
 We should also eat plenty of bread, rice, pasta and other starchy foods. Wholegrain varieties and potatoes with their skins are better, as they contain more fibre.
 We should drink some milk and eat some dairy foods to help us to get enough protein and calcium. Lower-fat milk and dairy foods are healthier options. Some people choose dairy-free alternatives. We should eat some meat, fish, eggs, beans and other non-dairy sources of protein. We should eat just a small number of foods and drinks that are high in fat or sugar.

Step 3

Exercise

Describe the importance for humans of exercise,
 Perform simple tests to test the effects of exercise on the human body.

To keep healthy, we should engage in physical activity every day.
 This should include activities such as fast walking, playing in the playground, skateboarding or riding a bike, running, energetic dancing, playing chase, playing football, gymnastics, swimming, playing in a playground and skipping. There are loads of other great physical activities that could be done.

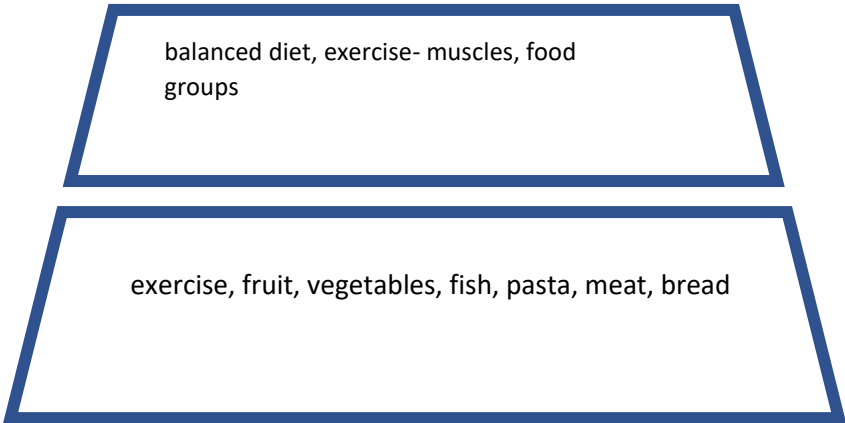
Links with Maths:

How many different exercises can you do in a minute?
 'Which activity will make my heart rate faster?' Ask children, 'How do you know if your heart rate is faster?', e.g. feel out of breath, feel warmer, sweating, feel tired, might feel a faster pulse in neck/wrist or heart beating in chest. Discuss what activities speed up their heart rate.
 Use stop watches
 Exercise is good for your heart. It helps your heart pump blood all through your body. Your heart can never take a rest, so it needs to be strong! Good food and plenty of exercise help.
 You can feel your heart beating by feeling your pulse.

Step 4

What is a healthy mind?

Exercise can put you in a good mood and helps you feel good.
 Exercise helps your body stay at a healthy weight and helps your bones and muscles to become strong.



Inprint Vocabulary

- Ask people questions and use secondary sources to find out about the life cycles of some animals
- Observe animals growing over a period of time e.g. chicks, caterpillars, a baby.
- Ask questions of a parent about how they look after their baby.
- Ask pet owners questions about how they look after their pet. • Explore the effect of exercise on their bodies.
- Classify food in a range of ways, including using the Eatwell Guide.
- Investigate washing hands, using glitter gel.

Maths link:

Topic: Healthy Living – Exercise, Diet, and Hygiene

Science Objective	Linked Year 2 Maths Skill	Practical Activity	Resources Needed
Understand why exercise is important for health	Data handling, tallying, bar charts	Exercise Survey: Record how many minutes classmates exercise each day; create bar charts or pictograms.	Survey sheets, graph paper, stickers, pencils
Recognise the right amounts and types of food to eat	Fractions, sorting, categorising	Balanced Diet Sorting: Sort foods into categories (fruit, vegetables, protein, carbs, treats) and discuss portion sizes.	Food picture cards or real food models, sorting mats
Understand <u>hygiene's</u> role in staying healthy	Sequencing, sorting	Hygiene Routine Sequencing: Put hygiene activities (e.g., <u>handwashing</u> , brushing teeth) in order.	Routine cards, sequencing mats
Measure and compare exercise durations	Time measurement and comparison	Exercise Stopwatch: Time different exercises and compare durations or count repetitions.	Stopwatch, worksheets, exercise activity cards
Record and interpret health data	Pictograms, tally charts	Healthy Habits Chart: Keep a weekly chart tracking exercise, diet, and hygiene habits.	Tracking charts, stickers, pencils

- describe, including using diagrams, the life cycle of some animals, including humans, and their growth to adults e.g. by creating a life cycle book for a younger child
- measure/observe how animals, including humans, grow.
- Show what they know about looking after a baby/animal by creating a parenting/pet owners' guide
- Explain how development and health might be affected by differing conditions and needs being met/not met