

Fighting fit

Year 2

Science

Spring 1

What is this topic?

This topic is all about how to be healthy human being and looking at how healthy our class is. We will be looking at human survival and growth and how humans successfully stay healthy. We will also look at what happens when humans do not manage to stay healthy.



Key Vocabulary

Growth	Physical increase in size. This could be height or weight.
Survival	To remain alive.
Healthy	A stable state of complete physical, mental and social well-being.
Humans	Someone or something that is a person.

Key knowledge

- ❖ All humans need food, water and air to survive.
- ❖ Children can grow up to $\frac{1}{2}$ an inch each day/night.
- ❖ To be healthy is to be hygienic.
- ❖ Hygienic is keeping ourselves clean.
- ❖ There are types of sugars in almost every type of food.
- ❖ Not all sugar is bad for us.

What will I learn?

- ❖ That humans have offspring that will turn into adults.
- ❖ The basic things a human needs to survive.
- ❖ How humans grow and stay healthy.
- ❖ About animal survival and growth (Humans).
- ❖ How to work scientifically through observation, questioning and recording.
- ❖ How to keep ourselves and others healthy.

