

Healthy World – Healthy Me!

Year 2 – Autumn Term



Stages	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
Key learning	<p>Pre structural No real understanding of topic, fails to grasp concept</p>	<p>Uni structural Able to identify intended learning and follow simple instructions but limited knowledge</p>	<p>Multi structural Can perform and combine simple skills but not independent in using strategies for learning</p>	<p>Relational With limited support: able to analyse/ apply/compare and contrast/ explain and justify information gathered.</p>	<p>Extended abstract Fully independent in making connections between facts learned and able to reflect and draw conclusions</p>
Attainment	With help, I can talk about how to stay healthy and how to take care of myself.	I can find out and understand information given to me on how to stay healthy.	I know how to make a healthy choice for myself.	I know how my body can benefit from making healthy choices and exercise.	<p>I can use all of the information I have learned keeping healthy and can create a new Mr Man story for a year group library to be situated in the entrance hall. In my book I will demonstrate all of things I have learned.</p> <p>This could include</p> <ul style="list-style-type: none"> • Knowing the right amounts of different types of food • Preparing a variety of healthy dishes • Understanding the impact of exercise and hygiene on the body • Understanding where food comes from • What happens if someone doesn't make healthy choices
Where does food come from	I know that fruit and veg are good for me.	I know that some food groups aren't good for me, and some are.	I know that there are different food groups and that some aren't good for me.	I can use correct scientific vocabulary for the main 5 food groups and offer examples of each	
What are the different food groups	I know that too many chips, sweets and fried food are not good for me.	I know I need a mixture of protein and vegetables in my diet	I can explain why I should eat more of some types of food than others.	I can explain which of the food groups I should eat more of and less, and most crucially why.	
What are the right amounts of different food in each group	With help I can prepare a healthy snack	I can follow a simple recipe to prepare a healthy meal, with support	I can follow a simple recipe to prepare a healthy meal	I can design and make a healthy meal independently	
What the effect of exercise is – linked to TAKING CARE Project, Protective behaviours	With help I can suggest things that I can do to keep active	I can suggest things I can do to keep me active	I can demonstrate things that keep me active	I can design an exercise routine to keep me fit	
How do I keep myself safe and healthy?	With help I suggest ways of keeping safe and healthy	I can suggest a way of keeping me safe and healthy	I can suggest a ways of keeping me safe and healthy	I can explain and record a number of ways we keep fit and healthy.	

How do children stay safe and healthy in Bo in Sierra Leone?	I know where Africa is and can compare schools and homes there with our schools and homes.	I know where Sierra Leone is and that buildings do not always have electricity and clean running water – I can explain how this makes it harder to stay safe.	I know where Bo is and can talk about the markets and the food that is eaten there and how people try to stay clean and healthy.	I can describe several similarities and differences between life in Bo and life in Warwick, including a healthy diet and how to stay clean and safe.	
What is 'A Healthy World'? (Environment)	I know that some packaging can be recycled and that I can help with this.	I know that lots of food comes in packaging and that not all of it can be recycled.	I know that plastic waste is a problem for the whole world and that I can play a role in reducing this.	I can talk about different oceans and continents and discuss environmental issues that affect the whole world.	
What is 'A Healthy World'? (Peace)	I know that in the past there have been two world wars	I know that lots of people suffer during a war and lots of people die	I know that after the wars people try to live in peace and Remembrance Day is a reminder of this	I know that Remembrance Day helps us to remember soldiers who have died in the two world wars and that the message of peace and reconciliation is marked through the commemorations.	

Holiday Homework – pre-teach

Summer Holiday Homework

Healthy World: Healthy Me

Next term in Year 2, the children will be learning about how to keep healthy and fit. We will also find out how we can look after our world better. To help the children to understand the topic, and to get a head start, please can you help them understand the following terms:

diet, physical, fitness, protein, fruit, vitamin, exercise, healthy, hygiene, keeping clean and washing, importance of washing hands, carbohydrates, vegetables, minerals, active, inactive, germs, fibre, pulses, food groups, types of sport, steps, sugar, grains, balanced meal, recycling, tidy, responsible, caring.

We would also like your child help **to make and prepare a healthy meal** – this could be a picnic or family meal. We would like you to get them involved in the planning, buying, weighing, chopping, and eating!

Please can you send in photos to: year2eis@welearn365.com

We look forward to seeing you all in September.




Vocabulary:

Diet, physical, fitness, protein, fruit, vitamin, exercise, healthy, hygiene, keeping clean and washing, importance of washing hands, carbohydrates, vegetables, minerals, active, inactive, germs, fibre, pulses, food groups, types of sport, steps, sugar, grains, balanced meal, recycling, tidy, responsible, caring. Recycling, reduce, reuse, refuse, glass, plastic, bags, metal, paper, cardboard, world, avoid.

Spelling bookmarks for trays:

a after again any are ask bath be beautiful because behind both break busy by child children Christmas class climb clothes cold come could do door even every everybody eye fast father find floor friend full	go gold grass great grass great half has he here his hold hour I improve is kind last love many me mind money most move Mr Mrs my no of old once one only our parents pass	past path people plant poor pretty prove pull push put said says school she should so some steak sugar sure the there they to today told was water we were where who whole wild would you your
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Healthy World – Healthy Me!



landfill
lifestyle
lungs
meat
mind
muscles
oil
organic
outside
oxygen
paper
plastic
plate
proteins
physical
recycle
running
save
savory
smoothie
sport
sugars
sweet
swimming
tasty
tin cans
running
varied diet
vegetables
vitamins
walking
wash
water
wonderful
workout
world

active
activity
air
balanced diet
biodegradable
body
bones
breathe
caring
cardboard
carbohydrates
change
circulation
clean
compost
cycling
dairy
delicious
drink
eat
energy
environment
exercise
fats
fish
fitness
food
fruit
glass
gym
global
warming
happy
healthy
heart

