

## Year 2 – Autumn Term – How can you be the next Olympian?



<b>Science:</b> What do humans need to stay healthy to survive? Find out and describe the basic needs of humans for survival – water, food, air	Why does our heart rate change according to our activity level?	What are the benefits of exercise? What is needed in a healthy diet? Can I recognise the different food groups and know what effect each food group has on our bodies?	<b>Comparative and Fair testing:</b> What form of exercise makes us the most tired? Investigate how different exercises affect the body and compare which exercise: walking, jumping or running increases our heart-rate the most.  <b>Observation over time:</b> Pulse rate – how does exercise affect this?  <b>Identifying, classifying and grouping:</b> Fruit taste test. Classify foods that belong to different food groups. Research with secondary sources: How do we keep fit?
<b>History:</b> Use secondary sources and primary sources to find out about the origins of the Olympics and the competition held in this country.	<b>Geography:</b> Use mapping skills to discover where fruit originates.	<b>Computing:</b> Use software to represent data. Create a graph or chart to answer questions (2 simple/excel)	
<b>Music:</b> Compose a piece of music to represent the journey through a sporting event (race/long jump)	<b>Design Technology:</b> Evaluate fruit using different senses Create a healthy snack (fruit salad) using techniques including chopping, slicing and grating.	<b>Art and Design</b> Cezanne still life Sketching and painting using a variety of media and water colour	

Asking Questions	Observing	Making Predictions	Setting up Tests	Recording data	Evaluating	Communicating Results

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Key Vocabulary	
<b>Nutrition</b>	The study of food and how it affects your body.
<b>Carbohydrate</b>	Food rich in energy
<b>Protein</b>	Protein is found in meat, fish, eggs and beans.
<b>Fats</b>	Fuels the body and helps absorb vitamins.
<b>Dairy</b>	Milk, cheese and butter are made from dairy.
<b>Vitamins</b>	Vitamins help you to grow and be healthy.
<b>Pulse</b>	The beat that you can feel when the blood is pumping round your body.
<b>Diet</b>	The food that you eat.
<b>Food groups</b>	There are 5 food groups: carbohydrates, proteins, fats and sugars, dairy and fruit and vegetables.
<b>Heart rate</b>	The number of times your heart beats in a minute.



The different food groups help the body and different ways. Do you know any of the food groups?



There are many ways in which you can keep your body fit. How do you keep fit?

### Things I would like to know

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