



Year 2



Being  
my  
best

### Vocabulary:

**Achieve:** To do something successfully.

**Injection:** Putting liquid (medicine) into a person's body using a needle and a syringe.

**Rest:** To stop doing a particular activity or stop being active to relax and get your strength back.

**Choices:** Options we have about what to do.

**Brain:** The part of the body inside the head that controls thought, memory, feelings, and activity.

**Vaccination:** To give a vaccine to protect from a disease.

**Water:** A clear liquid, without colour or taste, that is necessary for animal and plant life.

**Large intestine:** The large, lower part of the intestines. The large intestine absorbs water from digested food and forms solid waste matter.

**Healthy:** To be strong and well.

**Lungs:** Organs in the chest that are used in breathing.

**Stomach:** The organ in the body that receives food that has been swallowed and begins to digest it.

**Small intestine:** The narrow part of the intestine which connects the stomach and the large intestine. It digests food and absorbs nutrients into the blood.

**Exercise:** Physical activity that helps our bodies and minds to stay healthy.

**Oxygen:** A gas produced by plants. Most living things need oxygen.



### Key questions

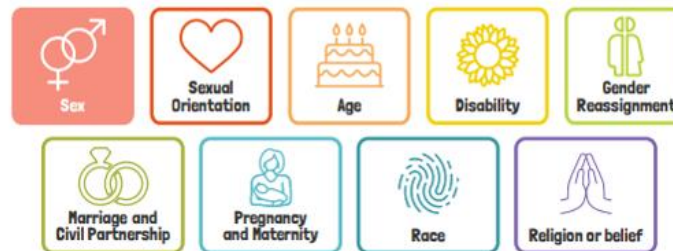
To help our thinking skills and focus on key knowledge in this unit.

#### Looking After My Body

- How do we get energy?
- What parts of the body turn food into energy?
- What do we need to do to stay healthy?
- Why do we need to keep doing certain things to stay healthy?

#### Growth Mindset

- What can you do if you find something difficult?
- Which goals have you set to help yourself?
- Does setting a goal help with your learning? How?



### The Protected Characteristics

### I can .....

- I can name different parts of my body that are inside me and help to turn food into energy. I know what I need to get energy.
- I can explain how setting a goal or goals will help me to achieve what I want to be able to do.