

Year 2 - How can we stay fit and healthy?

Science

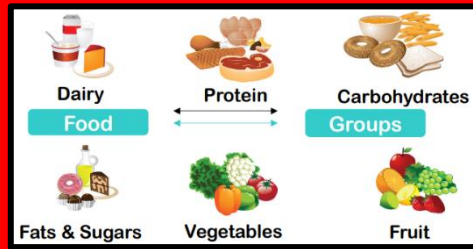
Exercise

Exercise is an activity requiring physical effort.

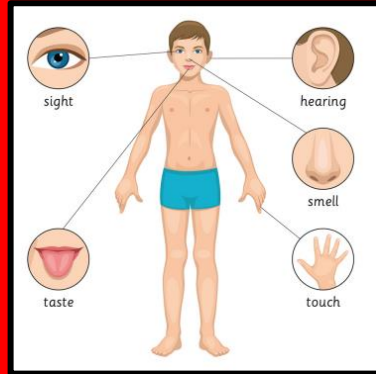
Exercising will get the heart rate beating faster than normal, which helps build a **healthy heart**.

Nutrition

Foods must come from the following groups to stay fit and healthy.



We have five senses



The senses help people in everyday life. They send messages to the brain to help us understand the world.

English writing



A **comic** is a sequenced story using a range of pictures and text.

An **imperative verb** will tell the reader what to do.

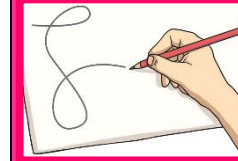
An **exclamation mark** is used at the end of the sentence to express strong feelings.



Art

The key elements of art

Line is the movement of our pencil to create a shape.



Tone is how dark or light a colour is.



A pattern is the design of how lines, shapes and colours are repeated.

Exercise

Nutrition

Health

Senses

Brain

Imperative verbs

Punctuation

Pattern

Tone

Design technology

Diet is the food we eat. A healthy diet must include a range of foods from the balanced diet food plate.



Dairy products come from milk.

Sugar comes from the sugar cane plant.

Music

Pitch is high and low sounds. We add pitch to the pulse and rhythm when we sing and play an instrument.

Pulse is a steady rhythm like a heartbeat or a ticking clock.



Computing

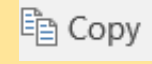
Cut is a command used to move data.

Right click and select



Copy is a command to make more of the same data.

Right click and select



Paste is a command to place the data you have copied or cut.

Right click and select



RE

Christians believe that **Jesus Christ is the son of God**.

Christians believe **Mary gave birth to Jesus Christ on Christmas day**.

Christians follow the teachings from the Bible and worship their **god in churches**.



Balanced

Diet

Pitch

Pulse

Cut

Copy

Paste

Christianity

Bible