

# Year 2: Science Ourselves Knowledge Mat

## Subject Specific Vocabulary

**cardiovascular exercise**

Any exercise that increases the heart rate and requires you to move your muscles for a sustained amount of time.

**resistance exercise**

A way to build strength and muscles by using weight. This can be your own body weight.

**strength**

How strong someone is, is described as strength. For example: how hard they can pull something or their ability to lift something heavy.

**heart rate**

The number of times the heart beats per minute.

**balanced diet**

A diet made up of different types of food in the right amounts necessary for good health.

**germ**

Tiny organisms, or living things, that can cause disease.

**virus**

Viruses are tiny particles that cause disease in people, other animals, and plants.

**bacteria**

Bacteria are small organisms, or living things, that can be found in all natural environments. Some, but not all bacteria, can cause disease.

**transmission**

The word used to explain how germs are spread.

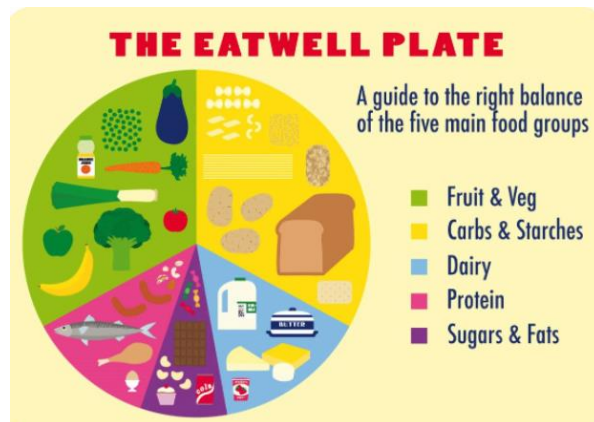
**hygiene**

The practice of keeping clean to stay healthy and prevent disease.

## Keeping Clean



## Eatwell Plate



## Important knowledge

- I know I know that cardiovascular exercise increases my heart rate and my breathing rate.
- I know that regular exercise can improve my mental health, help me to concentrate and help me sleep.
- I know that resistance exercise can change the shape of muscles.
- I know that exercise raises my heart rate which keeps my heart healthy.
- I know that a balanced diet needs to include the right amounts of protein, carbohydrate, fibre and fat.
- I know that germs can be spread by sneezes and what I need to do to prevent this happening.
- I know describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene
- I can label a picture of a human body to show the effects of exercise.
- I can record my results in a table and use the results to make a picture graph
- I can draw my meal onto an Eatwell plate to show what protein, carbohydrate, fibre and fat was in the meal.
- I can sort food and drink into groups that are healthy and not healthy.
- I can measure the distance in cm and m to make sure that my investigation is accurate.
- I can label a human outline to show that humans require exercise, a balanced diet and good hygiene to maintain health.