
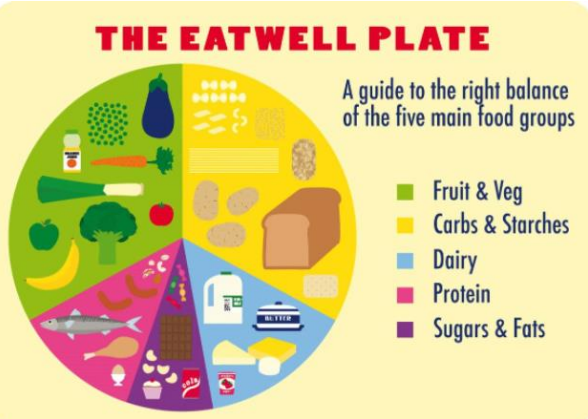


Year 2: Science Ourselves Knowledge Mat

Subject Specific Vocabulary		Keeping Clean	Important Knowledge
cardiovascular exercise	Any exercise that increases the heart rate and requires you to move your muscles for a sustained amount of time.		<input type="checkbox"/> I know that cardiovascular exercise increases my heart rate and my breathing rate.
resistance exercise	A way to build strength and muscles by using weight. This can be your own body weight.		<input type="checkbox"/> I know that regular exercise can improve my mental health, help me to concentrate and help me sleep.
strength	How strong someone is, is described as strength.		<input type="checkbox"/> I know that resistance exercise can change the shape of muscles.
heart rate	The number of times the heart beats per minute.		<input type="checkbox"/> I know that exercise raises my heart rate which keeps my heart healthy.
balanced diet	A diet made up of different types of food in the right amounts necessary for good health.		<input type="checkbox"/> I know that a balanced diet needs to include the right amounts of protein, carbohydrate, fibre and fat.
germ	Tiny organisms, or living things, that can cause disease.		<input type="checkbox"/> I know that germs can be spread by sneezes and what I need to do to prevent this happening.
virus	Viruses are tiny particles that cause disease in people, other animals, and plants.	Eatwell Plate	<input type="checkbox"/> I know describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene
bacteria	Bacteria are small organisms, or living things, that can be found in all natural environments. Some, but not all bacteria, can cause disease.		<input type="checkbox"/> I can label a picture of a human body to show the effects of exercise.
transmission	The word used to explain how germs are spread.		<input type="checkbox"/> I can record my results in a table and use the results to make a picture graph
hygiene	Keeping clean to stay healthy and prevent disease.		<input type="checkbox"/> I can draw my meal onto an Eatwell plate to show what protein, carbohydrate, fibre and fat was in the meal.
			<input type="checkbox"/> I can sort food and drink into groups that are healthy and not healthy.
		<input type="checkbox"/> I can measure the distance in cm and m to make sure that my investigation is accurate.	
		<input type="checkbox"/> I can label a human outline to show that humans require exercise, a balanced diet and good hygiene to maintain health.	