

What did we learn before: Year 1 - Geography - Locational knowledge, Science - Materials,

Key knowledge by subject

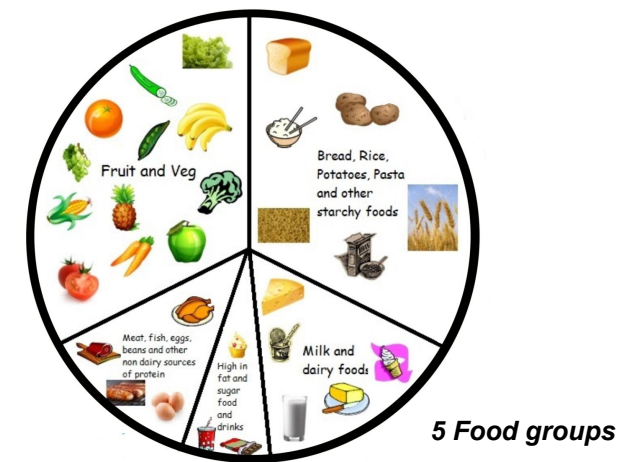
SCIENCE

Humans and the human body

Humans need food, water and air to survive.

Humans need to eat a balanced diet to stay healthy.

There are 5 food groups: **fruits and vegetables**, **carbohydrates**, **protein**, **fats** and **oils**, **dairy** products.



Humans should eat at least 5 portions of fruit or vegetables every day.

Fruits and vegetables have **vitamins**, **minerals** and **fibre** which are important for humans to stay healthy.

Too much fat and sugar is bad for humans. Some foods have lots of sugar or bad fats and we should only eat a small amount.

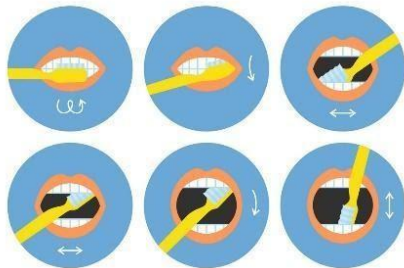
Exercise and hygiene

Humans need to **exercise** to stay healthy. Children should be active for 60 minutes every day.

Washing your hands helps to kill germs and keep you and others healthy.



Brushing your teeth twice every day helps to keep your teeth healthy.



Key vocabulary

|                       |                                                                                          |
|-----------------------|------------------------------------------------------------------------------------------|
| Fruits and vegetables | A food group which is full of vitamins - these are good for us.                          |
| Dairy                 | A product containing milk; gives us calcium for strong bones.                            |
| Carbohydrates         | Foods which are the main source of energy for our bodies.                                |
| Protein               | Protein builds and repairs tissues such as muscles.                                      |
| Fats and oils         | Supply essential fats and calories. We need a limited amount of these.                   |
| Vitamins              | These help growth and functioning of the body.                                           |
| Minerals              | These help our bodies to develop and function correctly.                                 |
| Fibre                 | Fibre helps us to digest food in our bodies.                                             |
| Exercise              | An activity which requires physical effort, and helps us improve our health and fitness. |
| Hygiene               | Routines that we keep us stay clean, healthy and prevent disease.                        |

Key knowledge (continued)

Everyday materials

We can sort **materials** by their **properties**.

Materials can be **man-made** or **natural**.

Natural



Wood



Cotton



Chalk

Man-made



Glass



Plastic



Steel

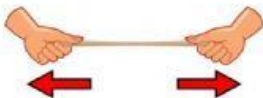
Materials can be **waterproof** or **absorbent**.

Materials can be rough or smooth, shiny or dull, hard or soft.

The shape of some solid **materials** can be changed by squashing, bending, twisting or stretching.



bending



stretching

GEOGRAPHY

Location

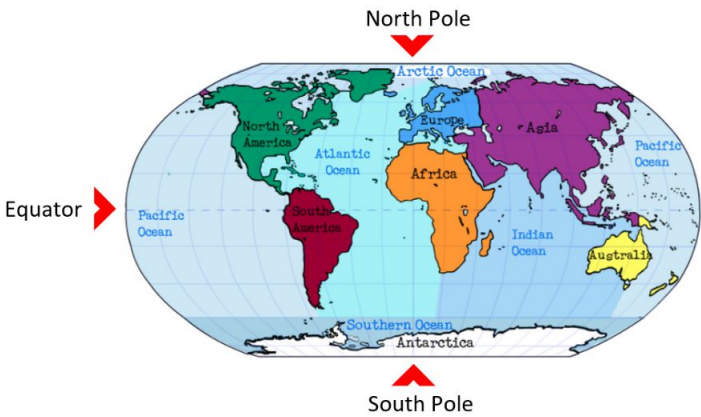
We live in the **United Kingdom**. There are 4 **countries** that make the United Kingdom - England, Scotland, Wales and Northern Ireland.

**The capital cities are:** England - London, Scotland - Edinburgh, Wales - Cardiff, Northern Ireland - Belfast.



**There are 7 continents in the world:** North America, South America, Africa, Europe, Asia, Australia, Antarctica.

**There are 5 oceans in the world:** Pacific Ocean, Atlantic Ocean, Indian Ocean, Arctic Ocean, Southern Ocean.



Countries near the **equator** are usually warmer.

Countries near the **North Pole** or **South Pole** are usually cooler.

Key vocabulary

|                       |                                                                                               |
|-----------------------|-----------------------------------------------------------------------------------------------|
| <b>Material</b>       | What something is made from.                                                                  |
| <b>Man-made</b>       | A material created by humans or a machine.                                                    |
| <b>Natural</b>        | A material found naturally on earth, such as rock or stone.                                   |
| <b>Waterproof</b>     | A waterproof material does not allow water into it.                                           |
| <b>Absorbent</b>      | An absorbent material takes in water / allows water to soak in.                               |
| <b>Properties</b>     | Words used to describe a material, e.g. rough, smooth, hard and soft.                         |
| <b>United Kingdom</b> | The name given to the union of England, Wales, Scotland and Northern Ireland joined together. |
| <b>Continent</b>      | The name for a group of countries together. There are 7 continents in the world.              |
| <b>Ocean</b>          | A huge body of water. There are 5 oceans in the world.                                        |
| <b>Equator</b>        | An imaginary line in the centre of the earth. It is the hottest point.                        |
| <b>North Pole</b>     | The most northern part of the earth, usually the equally coldest part.                        |
| <b>South Pole</b>     | The most southern part of the earth, usually the equally coldest part.                        |