



Wider Curriculum Unit Plan for Home learning

Subject: Science

Unit: How to survive and thrive

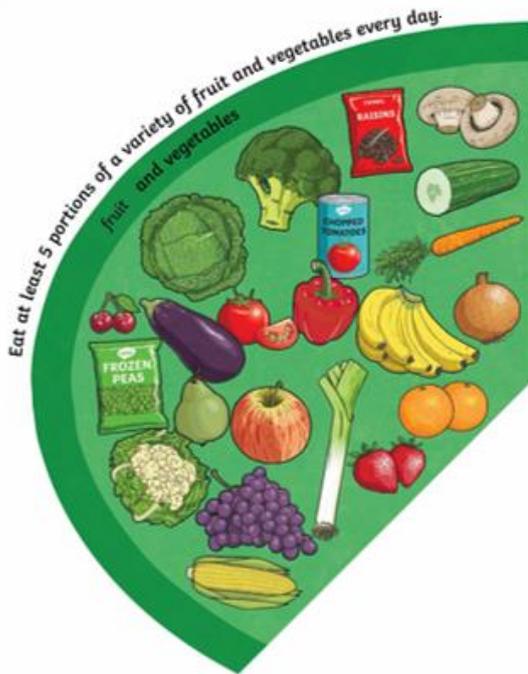
Year: 2

Session	
Session 1	<p>What are the different parts of the human body?</p> <ul style="list-style-type: none">• Watch and complete this lesson to recap your learning from Year 1.• <u>What are the different parts of the human body?</u>• You will need: pencil and paper
Session 2	<p>How do our bodies change as we get older?</p> <ul style="list-style-type: none">• Watch and complete this lesson.• <u>How do our bodies change as we get older?</u>• You will need: pencil and paper
Session 3	<p>Why is exercise so important?</p> <ul style="list-style-type: none">• Watch and complete this lesson.• <u>Why is exercise so important?</u>• You will need: pencil, paper and an adult to supervise your exercise.
Session 4	<p>What is a healthy diet?</p> <ul style="list-style-type: none">• Watch and complete this lesson.• <u>What is a healthy diet?</u>• You will need: pencil and paper (support below)
Session 5	<p>What are the key aspects of a healthy diet?</p> <ul style="list-style-type: none">• Watch and complete this lesson.• <u>What are the key aspects of a healthy diet?</u>• You will need: pencil and paper (support below)
Session 6	<p>Why is it important to be hygienic?</p> <ul style="list-style-type: none">• Watch and complete this lesson.• <u>Why is it important to be hygienic?</u>• You will need: pencil and paper
Session 7	<p>How do you keep yourself clean?</p> <ul style="list-style-type: none">• Make a list of ways you keep yourself clean (e.g. brush your teeth, wash your clothes, wash your hands, etc.)• Make a tally chart showing how many times you do your 'keeping clean' activities a day.• Create a poster on tips with how to keep clean and hygienic.• You will need: pencil and paper
Session 8	<p>Whose job is it to help keep us healthy?</p> <ul style="list-style-type: none">• Watch and complete this lesson.• <u>Whose job is it to keep us healthy?</u>• You will need: pencil and paper
Session 9	<p>Basic needs of animals and humans</p> <ul style="list-style-type: none">• List 3 things we need to survive.• List 3 animals. What do they need to survive? Is it similar or different to what humans need?• Draw each of your animals and briefly explain how they survive. This could be through sentences or pictures.• You will need: pencil and paper

<p>Session 10</p>	<p>How do offspring look like their parents?</p> <ul style="list-style-type: none"> • Watch this clip all about adult animals and their offspring. • List as many animals and their offspring as you can think of in one minute. Time yourself! For example: Dog and puppy. • Match the animal to their offspring on the worksheet below OR write out the name of the animal and the offspring name next to it (resource below).
<p>Session 11</p>	<p>How do animals change throughout their life?</p> <ul style="list-style-type: none"> • Complete this quiz to test your knowledge from last week about animals and their offspring. • Watch the lifecycle of an animal clip. • Choose one lifecycle to create out of the three options (resource below). Either cut and paste OR draw your own lifecycle to show each stage.
<p>Session 12</p>	<p>How can we keep ourselves fit and healthy?</p> <ul style="list-style-type: none"> • Remind yourself of what we've learnt this unit about how to stay healthy. • Write a letter to patients of a doctor's surgery with tips on how to stay fit and healthy. • Remember to include information about why exercise is important, what a healthy diet is and why it is important to be hygienic. • You will need: pencil and paper

Support session 4 and 5:

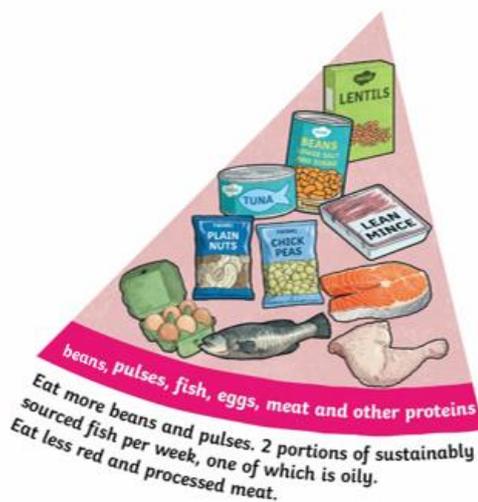
Fruit and Vegetables



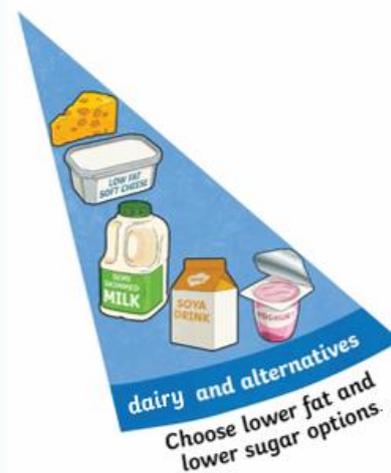
Carbohydrates



Beans, Pulses, Fish, Meat and Other Proteins



Dairy and Alternatives



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy kcal/kJ	Fat 3.0g	Saturated fat 1.3g	Sugar 26g	Salt 0.9g
13%	6%	7%	18%	15%

of an adult's reference intake
*typical values (as sold) per 100g: 697kcal/ 2917kJ

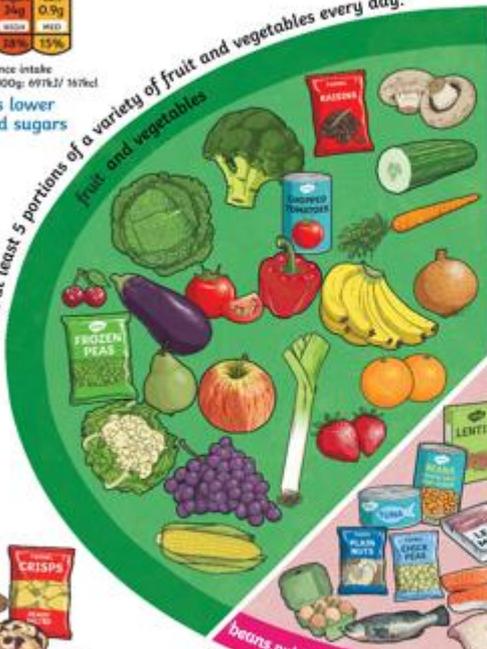
Choose foods lower
in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day.



Choose wholegrain or higher fibre versions with less added fat, salt and sugar.



beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses. 2 portions of sustainably sourced fish per week, one of which is oily.
Eat less red and processed meat.



dairy, and alternatives

Choose lower fat and lower sugar options.



oil, & spreads

Choose unsaturated oils and use in small amounts.

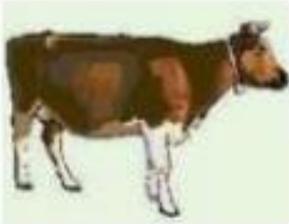


Eat less often and in small amounts

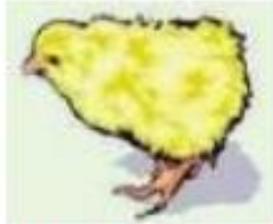
Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Support session 10:

Support Materials Science



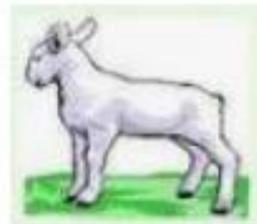
cow



chick



chicken



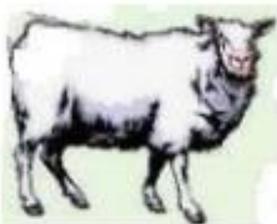
lamb



horse



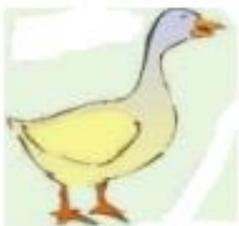
calf



sheep



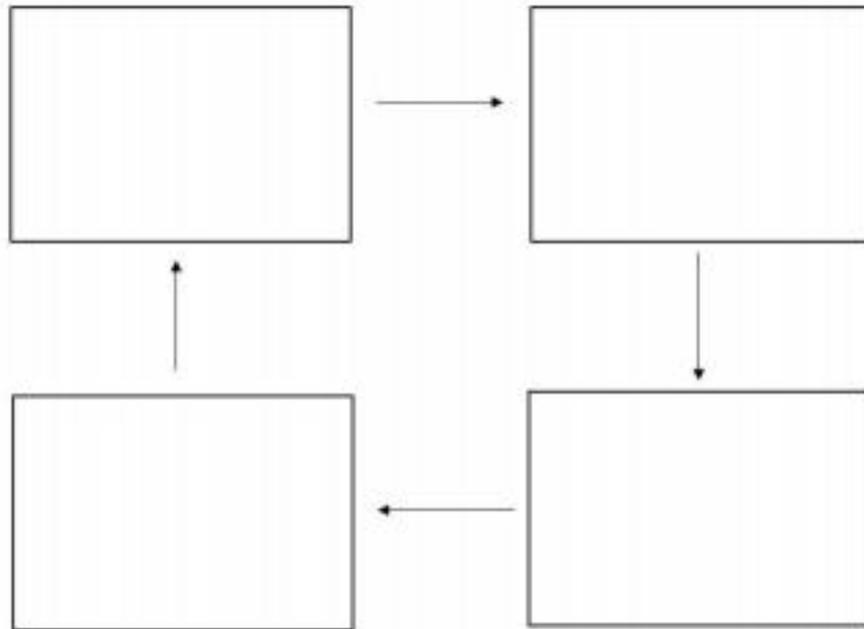
foal



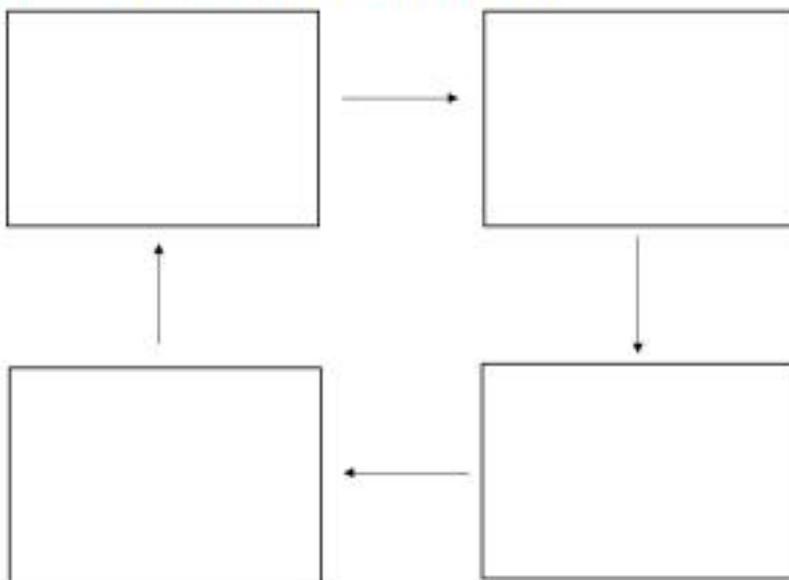
Resources

Science:

Life cycle of a chicken



Life cycle of a butterfly



Life cycle of a human

