

Brilliant Bodies



Recommended year group: Year 2 **Theme focus:** Science, PSHE, Art, Design and Technology **Suggested term:** Summer

Theme introduction

‘Brilliant Bodies’ is a Science-driven theme in which pupils will learn about what makes a healthy body and mind. Pupils will explore the basic needs of humans, make connections between adults and their offspring, and understand the elements of a healthy diet. Pupils will develop a secure understanding of the Science strand ‘Animals including humans’, as well as practising the skills related to working scientifically. Pupils will make observations and record their findings. The ‘Brilliant Bodies’ theme will allow pupils to discuss their wellbeing and mental health and look to role models like Marcus Rashford to develop their own personality and character traits.

Driving Question

What does it mean to be healthy?

Switch on Science Unit

Year 2: Healthy Me and Year 2: Little MasterChef

Switch on Computing Unit

We are game developers

Linked Reading Texts

See Inside Your Body by Katie Daynes and Colin King

Professor Astro Cat’s Human Body Odyssey by Dominic Walliman

Marvellous Me: Inside and Out by Lisa Bullard

First Encyclopaedia of the Human Body by Fiona Chandler

Writing Outcomes

Information leaflet:

Create an information leaflet about the body to share with children and families.

Recount:

Recount of attending a sports event, e.g. sports day or a football match.

Curriculum Coverage

Science – Animals including humans: working scientifically

Art – Colour: other techniques; evaluating and appreciating

DT – Food preparation and cooking

PSHE – Health and wellbeing; relationships

Excite

Pupils draw around their bodies and fill in everything that they already know about themselves. This could be body parts, organs, muscles and features such as hair and eye colour.

Pupils can then cut out their bodies and complete different activities such as ordering their bodies by height or grouping them according to hair colour.

Theme essential vocabulary

adult, animal, air, exercise, food, healthy, human, hygiene, life cycle, mental health, offspring, role model, shelter, survive, water, wellbeing

Explore

There are 13 Explore sessions:

Explore 1: The human body

Explore 2: What are our basic needs?

Explore 3: Offspring

Explore 4: Life at the zoo

Explore 5: What keeps our bodies healthy? *Diet*

Explore 6: What keeps our bodies healthy?

Exercise

Explore 7: What keeps our bodies healthy?

Hygiene

Explore 8: What keeps our minds healthy?

Explore 9: My brilliant body

Explore 10: Role models

Explore 11: Seeing strengths

Explore 12: Healthy smoothies

Explore 13: Motivational films

Essential knowledge/concepts

1. Humans need water, food and air to survive.
2. Animals, including humans, have offspring that grow into adults.
3. Know that some offspring look the same as their parents but others look different.
4. Know the different parts of animal, including human, life cycles.
5. Know the importance of having a balanced, healthy diet.
6. Understand that exercise helps us to maintain a healthy body.
7. Know that good hygiene involves having regular showers and baths, combing our hair and brushing our teeth.
8. Know that there are things that we can do to look after our mental health such as mindful colouring, yoga and journaling.
9. Understand the positive behaviours that a role model shows.
10. Know how to share opinions on something that matters and explain our reasons.
11. Know which fruits and vegetables contain vitamins and nutrients that help to keep our bodies healthy.
12. Know things to do and say to motivate ourselves and others.

Excel

The key assessment outcomes of this unit are:

Explore 2 What are our basic needs?

Explore 3 Offspring

Explore 7 What keeps our bodies healthy? Hygiene

Explore 12 Healthy smoothies

Exhibit

Pupils create, organise and take part in their own sponsored sports event. They design an event such as running, an obstacle course or a dance-a-thon to raise money for a chosen charity.

Pupils take inspiration from role models such as Marcus Rashford to raise money for those less fortunate than themselves.

Possible wider experiences

Watch a sports match either at the location or in class either online or on the television.

Have a visit from a school nurse or a healthcare professional to talk to pupils about healthy eating habits.

Flipped learning opportunities

Keep a food diary for the week and discuss eating habits and how healthy pupils are.

Research some key people who represent diversity in sports such as Prince Harry and the Invictus Games, Ellie Simmonds, Kadeena Cox and Sarah Storey.

Family learning suggestion

Have a family competition for personal bests! Compete against family members to get your personal best in different sports activities. These can include the number of jumps in 60 seconds or the time it takes to do a lap of the garden.

Or

Make salad smiley faces. Pupils work with adults at home to cut, slice and prepare salad ingredients and then arrange them in a smiley face.

Cultural awareness

Key piece of music

Feeling Good by Nina Simone

Key piece of art

Happy Butterfly Day by Andy Warhol

Key poem

The Guest House by Jalal Al-Din Rumi (1207–1273)
translated by Coleman Barks