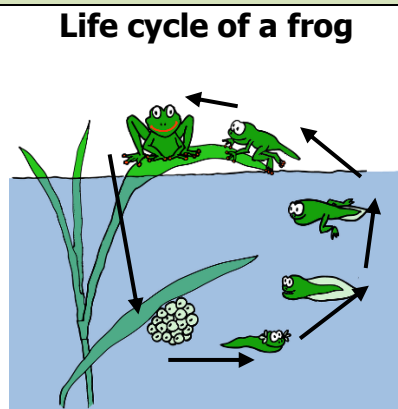


Knowledge Organiser Year 2 Summer 1

VOCABULARY	
life cycle	the changes seen in a living thing as it grows and develops
offspring	another name for the young (babies) of animals
reproduce	to have young or offspring
spawn	The large number of eggs produced by water animals ( <i>e.g.</i> frogspawn)
larva	an insect in its first stage, after hatching from an egg
pupa	An insect in its middle stage before it becomes an adult
survive	to continue to live
pulse	a regular rhythm caused by the beating of the heart. The pulse can be felt in the wrist or neck
air	the gas all around us. It has no colour or smell. Living things need air to survive
healthy	feeling well and being free from sickness
hygiene	the practice of keeping clean to stay healthy and to prevent disease



- ### What do humans and animals need to survive?
- Air/oxygen
  - Water
  - Food
  - Shelter

### What happens when we exercise?

- To your body:**
- Your breathing increases
  - Your muscles get stronger
  - Your heart beats faster
  - Your body temperature increases



- To your mind:**
- Your brain releases chemicals to make you feel happier
  - You may feel like you have more energy

- Good hygiene means:**
- Cleaning your teeth twice a day
  - Washing your hands with soap regularly, especially after you have been to the toilet and before you eat
  - Coughing or sneezing into a tissue and then washing hands
  - Showering or washing your body and hair regularly

