



Autumn 1

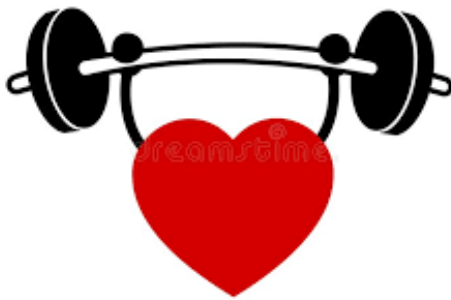
Year 2 Research Projects

Our Topic: Keeping Healthy

This half term, Year 2 will be learning about Keeping Healthy. As part of this unit children will be looking at the lifecycles of different animals and humans and how as we grow and change our responsibilities also change. We will learn about what our bodies need to help us grow and stay healthy, including what makes a healthy meal, what it means to have an allergy and why exercise and sleep are important. Finally we will learn about germs and how we can keep healthy by brushing our teeth.

Here are some activities for your child to complete linked to our topic.

Project 1: Eatwell Due Monday 26th September
Create a project to share your learning about the different food groups. What are the different food groups? How much of each food group should we eat each day? How do each of these food groups help our body? Can you make a balanced meal, what should it have?



Project 2: Exercise Due Monday 17th October
Create a project to share your learning about the importance of exercise in keeping healthy. Why do we need to exercise? What does exercise do for our bodies? How many times a week should we be exercising? Can you think of any fun games or sports that would help you get your exercise in?

Think about how you want to present your learning. Will you choose to create a model, write a fact file, make a poster or maybe something else? How you choose to present your information is up to you!

We can't wait to see the amazing projects you create!