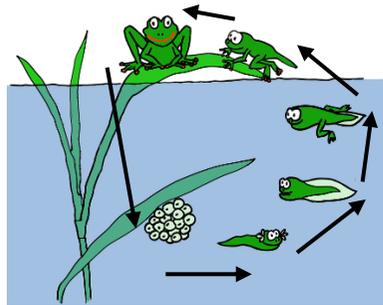


Knowledge Organiser Year 2 Spring 1

VOCABULARY

life cycle	the sequence of changes that a living thing goes through 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 prevent disease.

Life cycle of a frog



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

Super hygiene is:

- 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



Life cycle of a human

