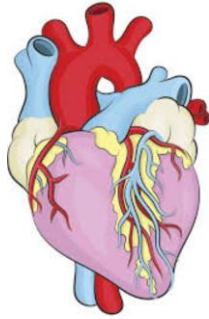


### Did you know?

Your heart is a muscle! When you exercise you make it stronger so it gets better at pumping the blood all the way around your body.



## Year 2 Knowledge Organiser

### All About Me

#### Key Facts

Exercise, eating the right amounts of different types of food, and hygiene is important for human's health.

Exercise is important because it makes our heart stronger, strengthens our muscles, keeps us flexible and makes us feel good.

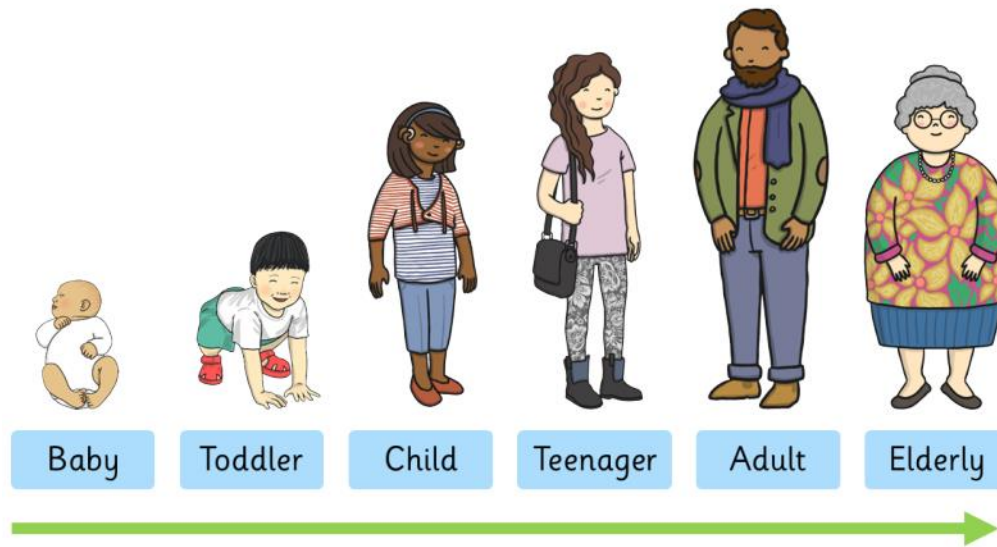
Animals, including humans, have offspring (babies) which grow into adults.

All animals need water, air and food to survive.

### Key Vocabulary

Reproduce	When new humans or animals are made.
Nutrition	The food you need to keep healthy and grow.
Adult	A human or animal that is fully grown.
Baby	A very young human or animal.
Offspring	A person or animals' young.
Growth	Getting bigger.
Exercise	An activity that works your body hard to keep you fit and healthy.
Mammal	An animal that breathes air, has a backbone, and grows hair. All female mammals feed the offspring milk.
Bird	A bird lays eggs and has feathers and wings.
Reptile	A cold-blooded animal (a snake, lizard, turtle, and alligator) that breathes air and usually has skin covered with scales.
Amphibian	A cold-blooded animals (frogs and toads) that live in water when they are young but breathe air as adults.
Life cycle	The stages a living thing goes through in its life

### Human Life Stages



What can you do at each of these stages of your life?

