



Year 2—Learning for Life

Being my Best



You have already learnt...

Name a few different ideas of what I can do if I find something difficult.

Know why certain foods are healthy and why it's important to eat at least five portions of vegetables or fruit a day.

Key Knowledge

- Name different parts of my body that are inside me and help to turn food into energy.
- Know what I need to get energy.
- Explain how setting a goal or goals will help me to achieve what I want to be able to do.

Key Skills

- Naming internal body parts
- Setting goals

Key vocabulary

practise	trying something again and again to get better at it
goal	something that you want to achieve
challenge	something new and difficult that you need to work hard for
vaccination	a type of medicine to stop you from getting some dis-
exercise	being physical active and moving your body



practise



goal



vaccination



exercise

Next year you will learn...

- Give a few examples of things that I can take responsibility for in relation to my healthy and give an example of something that I've done which shows this.
- Explain and give an example of a skill or talent that I've developed and the goal-setting that I've already done (or plan to do) in order to improve it.