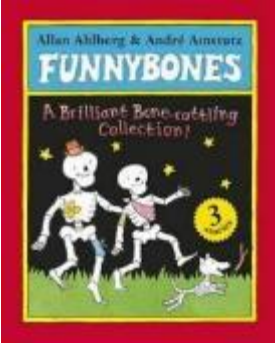



KS1: Ourselves Knowledge Mat

Subject Specific Vocabulary		Interesting Books	Sticky Knowledge about Ourselves
skeleton	The human skeleton is made of bone and grows as we grow. Our skull protects our brain and our ribs protect our heart and lungs.	 	<input type="checkbox"/> Keeping healthy means caring for your body so you have enough energy to learn, play and grow.
joint	Joints allow the body to make movements. The body has many bones and are connected through the joints.		<input type="checkbox"/> The spine is made up of 33 bones and the smallest bone is found in our ear.
muscles	Muscles are attached to bones by tendons and help them to move. When a muscle contracts it gets shorter and pulls on the bone it is attached to.		<input type="checkbox"/> The longest bone in the human body is the thigh bone called the femur.
exercise	Means to keep your body healthy by running, walking and playing. You will need to feel out of breath if you have exercised properly.		<input type="checkbox"/> When we are born we have about 300 bones in our body by the time we are adults we have 206 because some bones have fused together.
diet	Eating a balanced diet means choosing foods in the right amounts from each of the food groups.		<input type="checkbox"/> When broken our bones will repair themselves. Doctors use casts or splints to make sure they grow back straight.
healthy	Keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep	Important facts to know by the end of the Ourselves topic: <ul style="list-style-type: none"> • Know what humans need to survive. • Know why it is important to exercise. • Know why it is important to keep clean and wash regularly. • That humans have skeletons and muscles for support, protection and movement. • Know that the body parts have special functions. • Know the names of the body parts associated with skeleton and muscles. • Know the names of the 5 senses – sight, hearing, touch, taste and smell. 	<input type="checkbox"/> It's important to have 30-60 minutes of exercise every day. This can include running around and playing games with friends.
senses	Sight – your eyes let you see all the things around you. Hearing – your ears let you listen to all the things around you. Touch – your skin gives you the sense of touch to feel if something is rough or cold. Taste – comes from your tongue. You can tell if something is sweet or bitter. Smell – your nose can tell if things smell nice or not.		<input type="checkbox"/> Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of nutrients.