

KS1 Cycle B

Knowledge
Organiser



Summer 1—Being My Best

Key questions

Looking After My Body

How do we get energy?

What parts of the body turn food into energy?

What do we need to do to stay healthy?

Why do we need to keep doing certain things to stay healthy?

Growth Mindset

What can you do if you find something difficult?

Which goals have you set to help yourself?

Does setting a goal help with your learning? How?

Key vocabulary

achieve germs injection
rest choices brain soap
vaccination choose water
large intestine healthy
lungs stomach energy learn
food small intestine
exercise oxygen teeth

I can ...

I can name different parts of my body that are *inside* me and help to turn food into energy. I know what I need to get energy.

I can explain how setting a goal or goals will help me to achieve what I want to be able to do.