

# LKS2 Cycle A

## Knowledge Organiser



## Summer 1 —Being My Best

### Key questions

#### **Keeping Myself Healthy**

Am I responsible for keeping myself healthy?

What can I do myself to keep healthy?

How do I feel when I do things to stay healthy?

#### **Celebrating and Developing My Skills**

What skills or talents do I have?

How can a talent or skill be developed?

Does goal-setting help improve skills and talents? How?

What would I like to achieve when I am older?

How do I achieve my goals?

### Key vocabulary

achieve fruit medicine bones  
goal-setting muscles skills  
teeth balanced diet talents  
improve practise proteins  
water sleep healthy  
starchy carbohydrates dairy  
exercise energy vegetables

### I can ...

I can 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.

I can 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.