

Early Years Knowledge Organiser: **Our Busy Bodies!**



Autumn 1, 2020

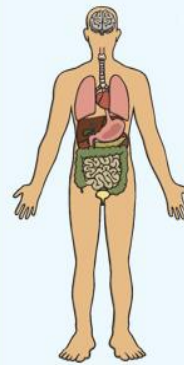
Key questions: What is my body made from? How does it work? How can I keep my body healthy? Is my body the same as yours?

Can you name the parts of the body?



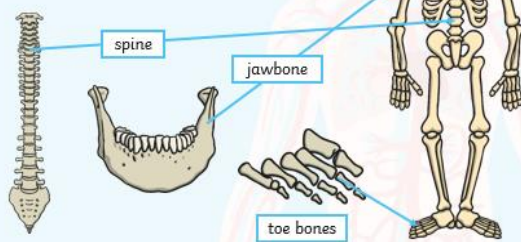
Parts of the Body

We can't see some parts of our body. They are hidden away inside. They all have a different job to do, to help us stay healthy.



The Skeleton

The skeleton is made up of lots of bones. These bones give the body its shape. They also protect the organs that are inside our body.



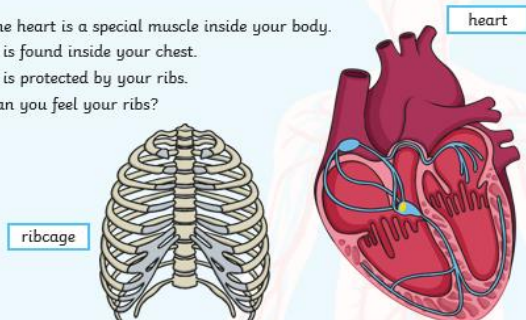
Muscles

Muscles help our body to move. There are muscles of all shapes and sizes in our body.



The Heart

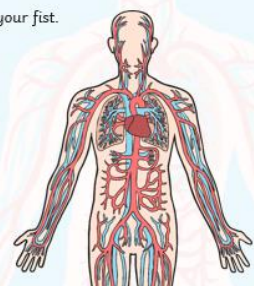
The heart is a special muscle inside your body. It is found inside your chest. It is protected by your ribs. Can you feel your ribs?








The Heart

Your heart has a very important job to do, it pumps the blood all around your body.

Your heart is about the same size as your fist.












Humans have **five** basic **senses**: touch, sight, hearing, smell and taste. The sensing organs associated with each **sense** send information to the brain to help us understand the world around us.

Senses		Key Vocabulary	
	sight	sight	Your eyes let you see all the things around you.
	hearing	hearing	Your ears let you listen to all the things around you. Your brain is able to tell what different sounds are.
	touch	touch	Your skin gives you the sense of touch. You can tell if something is warm, cold, smooth or rough without even looking at it!
	taste	taste	Your sense of taste comes from your tongue. You can tell if something tastes bitter or sweet. You might have some tastes you like and some you don't.
	smell	smell	You smell using your nose. Your nose can tell if things smell nice or not nice.

To help keep our bodies fit, strong and healthy we can eat a balanced and varied diet, drink plenty of water, exercise every day, clean our teeth, and lots more! What else can you think of...?

WHAT COUNTS TOWARDS MY 5 A DAY?

				
1 handful of grapes	7 cherry tomatoes	1/2 an avocado	3 tbsp of peas	1 banana
				
2 satsumas	3 tbsp of sweetcorn	1 handful of carrot sticks	2 plums	2 broccoli florets
				
1 medium pear	1 medium apple			