

Year 2 topic lessons – week beginning 11.1.21

Science



Healthy Humans.

Why is exercise so important.?

Watch and complete tasks on video.

<https://classroom.thenational.academy/lessons/why-is-exercise-so-important-70w38d>

Or

Watch <https://www.bbc.co.uk/bitesize/clips/zvdkjxs>

Complete sheet on next page.

History



Florence Nightingale – What was it like in Scutari hospital.?

Watch video on Florence Nightingale. **Stop at 7 minutes.**

Look at the condition of Scutari hospital before Florence Nightingale made changes.

<https://www.youtube.com/watch?v=jONlz7vaMnU>

Task: Draw a picture of the Scutari hospital showing the conditions before Florence arrived. Can you write sentences using **adjectives** to describe the hospital?

e.g. **Wounded** soldiers lay on the **filthy** ground, screaming loudly in pain.

Or

Look at the picture on page 3. Imagine you had just arrived at the hospital. What did you hear? What did you see? What did you smell?

We would love to see them so please email us a picture!

PSHE



Healthy isn't a goal; it's a lifestyle!

Lesson 1 – Health is Wealth

Watch and complete tasks on video.

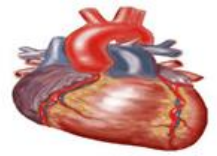
<https://classroom.thenational.academy/lessons/health-is-wealth-6rukct>

LO: I will be able to identify how exercise affects my body.

Exercise.

How many star jumps, stair steps, squats and marches can you complete in 1 minute. What happens to your body?

What happens to your pulse.



My heart resting beats in 15 secs _____

Name of exercise	Estimate - how many I can do in 1 min	How many did I do in 1 minute?	How many beats in 15 secs?	What happens to my body?
Star Jumps				
Stair steps				
Squats				
March				

Discuss these answers with someone who lives in your house.

1. Which exercise did you complete the most in 1 minute?
2. Which exercise did you find the hardest?
3. What happened to your heart beat as you continued to exercise?
4. How did you feel after you had exercised.
5. Why do humans need to exercise?

LO: To describe what Scutari hospital was like when Florence Nightingale arrived



Describe what you can see in this picture. What was Scutari hospital like?
