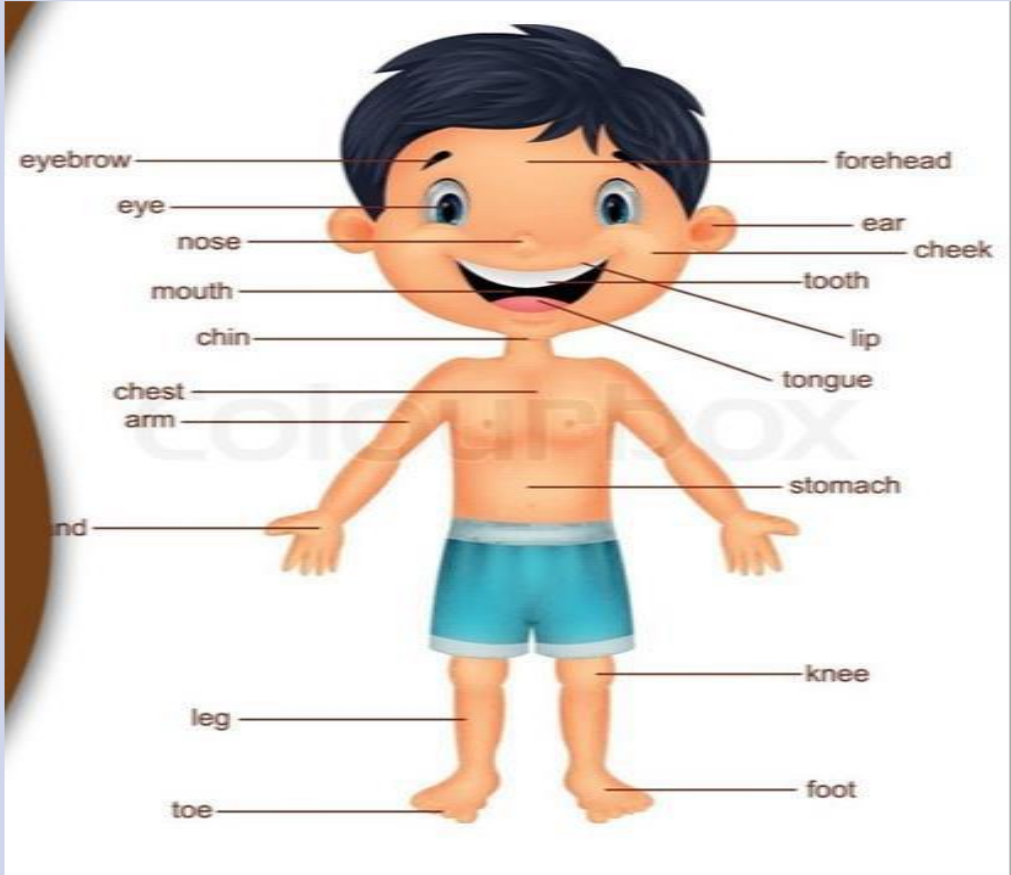
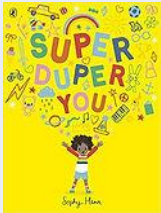
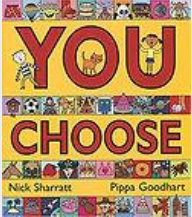
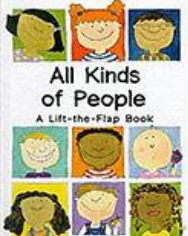


All About Me Knowledge Mat

Subject Specific Vocabulary	Naming Body Parts		
<p>Body Parts</p> <p>Every part of your body has a name. For example head, shoulder, arms, legs, stomach, fingers, toes, foot and hand.</p>			
<p>Senses</p> <p>Senses allow us to observe and understand the world. There are five; taste, smell, touch, sight and hearing.</p>			
<p>Self Portrait</p> <p>When you create a picture or likeness of yourself.</p>			
<p>Balanced Diet</p> <p>When you eat a variety of different types of food that give you the nutrients you need to stay healthy.</p>			
<p>Exercise</p> <p>An activity that requires physical effort that sustains or improves your health and fitness.</p>			
<p>Books you could read</p>			

Year 1: All About Me

By the end of this unit what should pupils know?

- The names of a range of body parts and what they do
- The names of the senses and what they do
- How and why we need to exercise
- How and why we need to eat a balanced diet