

Year 2 Science Autumn 1 2026

The Human Body

Key Vocabulary	Definition
<i>circulation</i>	How oxygen is moved around the body.
<i>digestion</i>	Breaking food down so that the nutrition can be used and the waste pass through the body.
<i>disease</i>	Illness or sickness.
<i>hygiene</i>	Keeping our hands and bodies clean and free from germs that may cause illness,
<i>nerves</i>	Fibres that send messages to and from the brain.
<i>muscles</i>	Muscles are the soft, flexible tissues in your body that help you move and give you strength. They're like strong rubber bands that can stretch and contract. There are three main types: skeletal, smooth, and cardiac.
<i>pulse</i>	The beating of the heart that can be felt in the wrist or neck.
<i>veins/arteries</i>	Tiny tubes that carry blood around d the body.

Hygiene

The best way to keep yourself healthy is to practise **good hygiene**. Wash your hands with soap; brush your teeth; change and wash your clothes, body and hair regularly. This will keep away most germs.

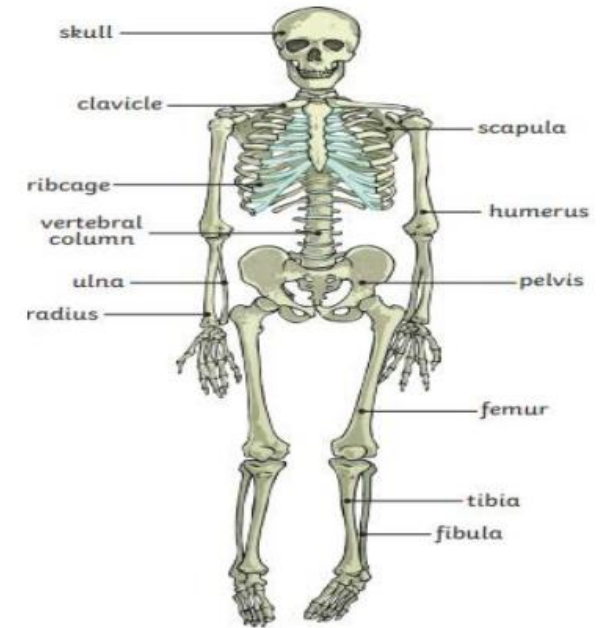
Skeletal Muscle

These work in pairs to move the bones they are attached to by taking it in turns to contract (get shorter) and relax.



The biceps muscle contracting to bend the arm.

Bones in the Human Body



Muscles in the Human Body

