

GRADE 2 LEARNING PACK

Human Body: Growth, Movement & Healthy Habits

Recognise basic body needs and connect bones, muscles, senses and healthy routines to everyday function.

LEARN • PRACTISE • CREATE • REFLECT

Original BrightPencil Kids resource - adult-led where appropriate

A4 edition • 12 purposeful pages • review copy

Print. Learn. Grow.

Grown-up guide

Learning objective

Recognise basic body needs and connect bones, muscles, senses and healthy routines to everyday function.

Use this pack well

- Model the first example aloud, then let the learner try.
- Ask “How do you know?” more often than “Are you finished?”.
- Use real objects, talk, movement or observation when the activity suggests it.
- Stop or shorten the session if attention or enjoyment drops.
- Open-ended pages can have many successful answers.

Quality note

This resource was written originally for BrightPencil Kids. Curriculum sources informed scope and progression only; no third-party worksheet or story text is reproduced.

Learn the idea

1 Bones support/protect and muscles help movement.

2 Senses gather information about surroundings.

3 Sleep, varied food, fluids, movement and care support wellbeing.

Talk about it

Explain one idea in your own words. Give an example from real life, a drawing or an object if that helps.

Match skeleton/muscle/senses to broad functions.

Describe what happens when you bend an elbow in simple terms.

List safe habits that support body care.

Explain why individual bodies and abilities can differ.

Identify when a health question belongs with a trusted adult/health professional.

Try it beyond the page

Real-world / hands-on connection

Try safe movements and notice which joints bend; do not force stretches or compare bodies competitively.

Before you finish

What did you notice?

What evidence, object or example helped you?

What would you change if you tried again?

Create something

Your project

Create a body-movement poster showing three joints and activities they help with.

Use this space for planning, drawing, mapping, designing or notes.

CHALLENGE

Think deeper

1. What helps move bones at joints?

2. Name one job of the skeleton.

3. Should a workbook diagnose health problems?

Quick review

1. In one sentence, explain the big idea of “Human Body: Growth, Movement & Healthy Habits”.

2. Draw or write one example that shows you understand.

3. Choose one activity from this pack and explain the strategy you used.

4. Write one question you still have.

Answer & discussion notes

Use these as guidance, not scripts. Open questions can have different successful responses when the reasoning is sensible and evidence-based.

1. Suggested response

Muscles.

2. Suggested response

Support/protection/shape.

3. Suggested response

No.

Review before publication

Check age fit, factual accuracy, clarity, accessibility, rights provenance and whether the activity works in practice. This file remains a review copy until those checks are signed off.

FINISH

My learning reflection

I finished this BrightPencil learning pack.

One thing I understand better now:

A strategy that helped me:

Something I created or noticed:

My next small question or goal:

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