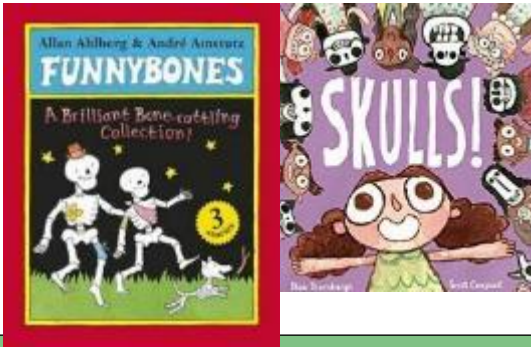


Year 3/4: Animals Including Humans Knowledge Mat

Subject Specific Vocabulary		Interesting Books	Sticky Knowledge about our skeleton and muscles
nutrition	Nutrition involves drinking enough water and eating the right amount of items from the four main food groups.		☐ The spine is made up of 33 bones and the smallest bone is found in our ear.
skeleton	The human skeleton is made of bone and grows as we grow. Our skull protects our brain and our ribs protect our heart and lungs.		☐ Muscles make up 40% of our total body weight and the smallest muscle is found in our ears.
muscles	Muscles are attached to bones by tendons and help them to move. When a muscle contracts it gets shorter and pulls on the bone it is attached to.	Important facts to know by the end of the skeleton and muscle topic: • That humans cannot make their own food. They get their nutrition from what they eat. • That humans have skeletons and muscles for support, protection and movement. • Know that the body parts have special functions. • Know the names of the body parts associated with skeleton and muscles. • Compare the diets of different groups of animals, including humans. • Know what a healthy meal looks like.	☐ When we are born we have about 300 bones in our body by the time we are adults we have 206 because some bones have fused together.
nutrients	Things that help us to keep our bodies healthy. We need different nutrients to stay healthy.		☐ When broken our bones will repair themselves. Doctors use casts or splits to make sure they grow back straight.
joint	Joints allow the body to make movements. The body has many bones and are connected through the joints.		☐ The longest bone in the human body is the thigh bone called the femur.
carbohydrate	Carbohydrates are broken down by the body into simple sugars. These sugars circulate in the bloodstream and are used by the body's cells for energy.		☐ Bone marrow makes up 4% of a human body mass. It produces red blood cells which carry oxygen all around the body.
protein	We need to eat protein foods such as lean meat, poultry, fish, eggs, tofu, nuts, seeds and legumes/beans every day. Protein is essential for building, maintaining, and repairing the tissues in our body.		
rib cage	It is made up of curved bones. The rib cage is found in the chest area. It protects a person's internal organs from damage.		
bones	Our bones give our bodies shape, and support and protect our organs and systems.		
spine	Also known as your backbone, your spine is a strong, flexible column of ring-like bones that runs from your skull to your pelvis.		