



Year 3

Movement and nutrition



Prior learning: They know the parts of the human body and what they do and the different ways in which humans can be healthy. They know there are five types of vertebrates (mammals, fish, reptiles, amphibians, birds) and vertebrates are animals that have a backbone. They know invertebrates are animals that do not have a backbone and that all animals need water, air and food to survive.

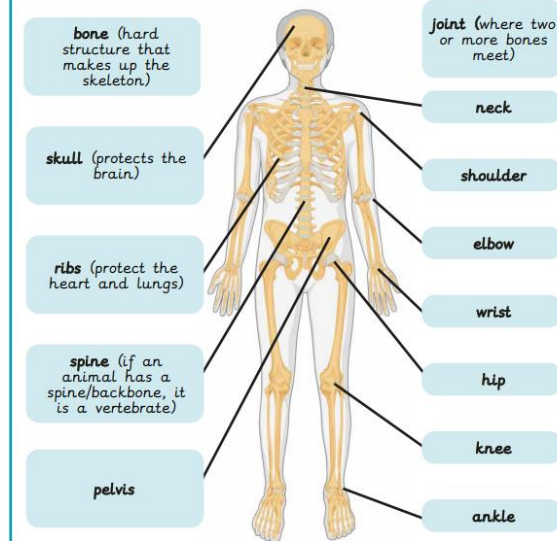
What we are learning

Lesson 1: (K) To explain the role of a skeleton. (WS) To group animals based on their physical properties.	Lesson 2: (K) To recognise the main bones in the body. (WS) To measure and sort data.	Lesson 3: (K) To explain how muscles are used for movement. (WS) To explore scientific advances.	Lesson 4: (K) To explain how food is an essential energy source for animals. (WS) To gather and compare data to answer questions.	Lesson 5: (K) To identify the main nutrient groups and their simple functions. (WS) To record information using secondary sources.	Lesson 6: (K) To explain what makes a balanced diet. (WS) To explore how knowledge has progressed over time and different jobs use this information.
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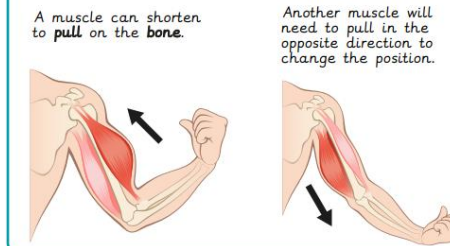
Key vocabulary

nutrition	The correct food needed by animals for growth and survival.	 nutrition
skeleton	An internal or external framework of bone.	 skeleton
muscle	A band of fibre tissue attached to bone.	 muscle
varied diet	Eating a wide variety of food in the right amounts.	 varied diet
vertebrate	An animal with a backbone.	 vertebrate
invertebrate	An animal without a backbone.	 invertebrate
movement	When something changes its position.	 movement

The human skeleton



Muscles attach to bones to cause a movement.



A **vertebrate** is an animal with a backbone.

Endoskeleton is a skeleton on the inside of the body.



An **invertebrate** is an animal without a backbone.

An invertebrate may have an **exoskeleton** (a skeleton on the outside of the body)...



...or no skeleton at all.



Scientists to explore

Adelle Davis