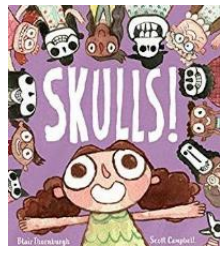
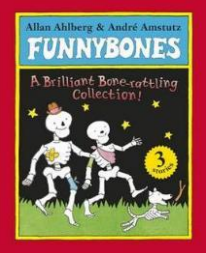




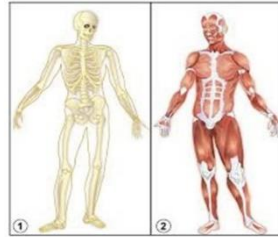
# Skeleton and Muscles Year 3 Knowledge Mat



## Exciting Books



## THE SKELETON AND MUSCLES



## Subject Specific Vocabulary

**Nutrition/  
Diet**

Nutrition involves drinking enough water and eating different kinds of foods.

**Skeleton**

They help animals to move, stay upright and protects important organs.

**Muscles**

Muscles are attached to bones by tendons and help them to move.

**Joint**

Joints allow the body to make movements. The body has many bones and are connected through the joints.

**Skull**

A bone framework that protects the brain of an animal

**Rib cage**

The rib cage is found in the chest area and it protects a person's heart and lungs.

**Spine**

Also known as your backbone. It helps people to stay upright.

## Sticky Knowledge about our skeleton and muscles

- The spine is made up of 33 bones called vertebrae.
- Skeletons move because bones are attached to muscles.
- Babies have 300 bones and adults have 206.
- When broken our bones will repair themselves.
- To keep your body fit and healthy you need to eat the right kinds of foods.
- Different kinds of animals including humans eat different kinds of foods.
- Different animals have different kinds of skeletons.