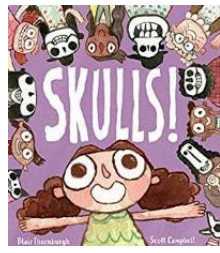
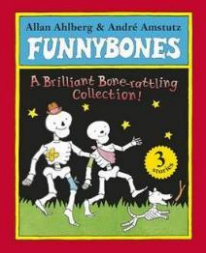




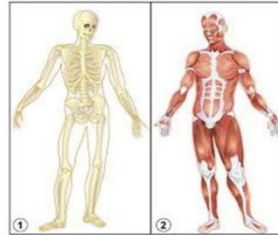
Skeleton and Muscles Year 3 Knowledge Mat



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

- Skeletons move because bones are attached to muscles.
- Babies have 300 bones and adults have 206. The spine is made up of 33 bones called vertebrae.
- 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 and have different kinds of skeleton. .

Prior Learning:

EYFS:

- Looking at body parts and what they are used for.

Year 1:

- Animals are either carnivores, herbivores, or omnivores.
- Animals are classified as amphibians, fish, mammals and reptiles.