



Objectives and Sticky Knowledge

Previous Knowledge Recap:

1. Know the basic stages in a life cycle for animals, (including humans)
2. Know why exercise, a balanced diet and good hygiene are important for humans
3. Know the basic stages in a life cycle for animals, (including humans)
4. Know why exercise, a balanced diet and good hygiene are important for humans



Land Objectives and Sticky Knowledge:

The importance of a nutritious, balanced diet	Know types of skeletons and their main functions	To understand the main functions of our muscles
<p>*Know the types of nutrition– carbs, proteins, fats, dairy etc.</p> <p>*Know the effects of foods on the body- proteins help us grow and repair our muscles. Carbs give us energy. Water moves minerals around the body to get rid of waste.</p> <p>*To know what healthier choices we can make in our everyday lives. How many pieces of fruit and veg we should eat. What should our plates look like at meal times?</p>	<p>*Know the 3 types of skeletons. Endoskeleton, exoskeleton and hydrostatic skeleton. We have an endo skeleton</p> <p>*Categorise endoskeletons, exoskeletons and endoskeletons</p> <p>*Know what functions our skeletons have- protect our vital organs and give us stability</p> <p>*Know some names of the bones on our body and locate them – skull, rib cage, pelvis, tibia, fibula</p> <p>*Know about our joints- e.g. knee, shoulder.</p>	<p>*Know that muscles are attached to our skeleton.</p> <p>*Know our muscles grow.</p> <p>*Know that muscles relax and contract</p>

Links with ‘Communication’ Golden Thread:

Links with CST and CKA Values Crown:

Year 3 Animals Including Humans

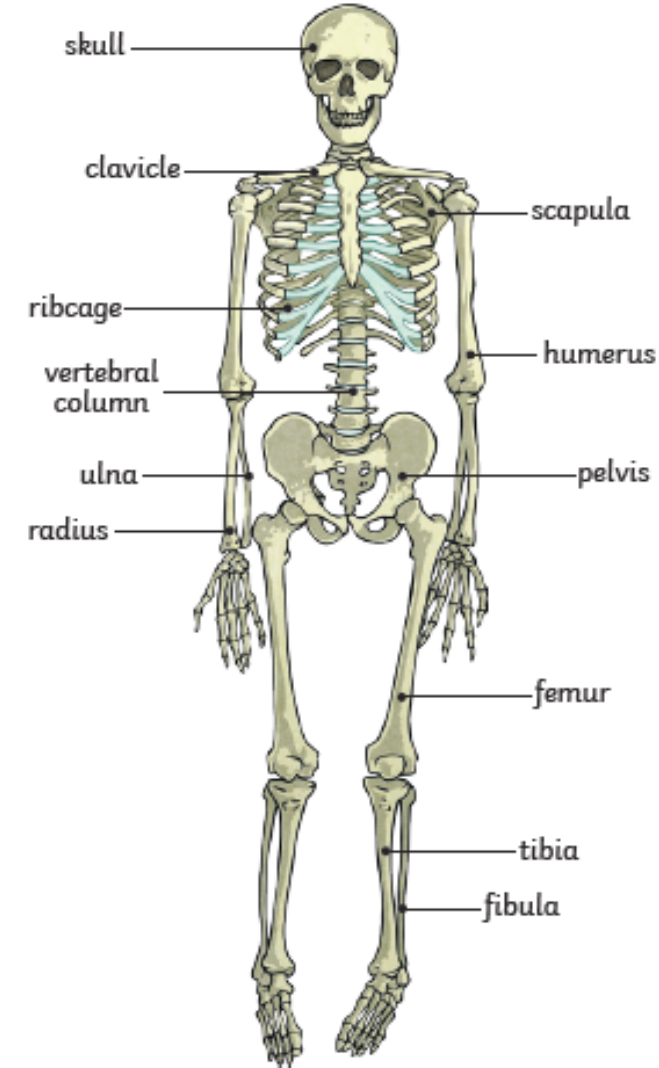
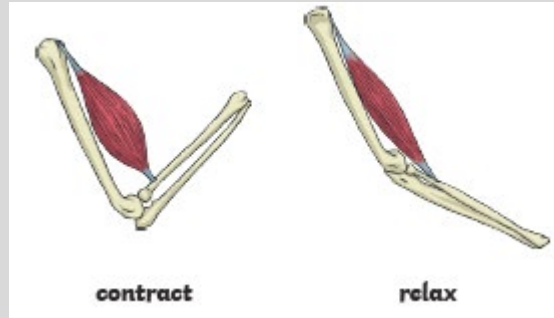
Key Vocabulary

Vertebrate	animals with backbones
Invertebrate	animals without backbones
Muscles	soft tissues in the body that contract and relax to cause movement
Tendons	ords that join muscles to bones
Joints	areas where two or more bones are fitted together

Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

Skeletal muscles work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



vertebrate
↓
endoskeleton



invertebrate

exoskeleton



hydrostatic skeleton



Sky Objectives:

1. Ask relevant questions relating to a range of scientific enquiries.
2. Conduct a fair test and explain what happens.
3. Begin to notice patterns and trends in results and explain the potential causes.