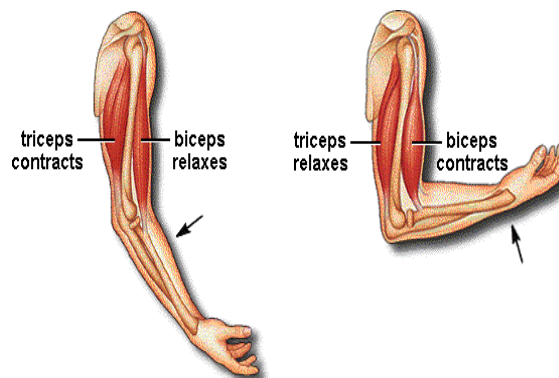


Year 3: Science Skeletons, Muscles and Nutrition Knowledge Mat

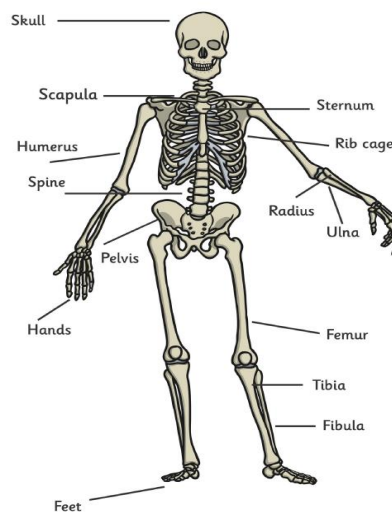
Subject Specific Vocabulary

invertebrate	An animal without a backbone.
exoskeleton	An animal whose skeleton is on the outside. For example a crab.
endoskeleton	An animal whose skeleton is on the inside. For example a human or a cat.
bicep/ triceps	The pair of muscles in the upper arm that work together to allow movement.
tendon	The tissue that joins muscle to bone.
relax/ contract	Muscles work in pairs, and as one relaxes the other contracts.
balanced diet	A diet that contains all the vitamins, minerals and other nutrients needed for good health.
nutrients	A substance that is needed for healthy growth, development, and functioning.
vitamin	Nutrients that are needed for health.
mineral	Nutrients that are needed for good health.

Muscle Pairs



The Human Skeleton



Important knowledge

- ☐ I know the names of some bones and can label them on a diagram: skull, ribcage, spine, pelvis, femur, humerus.
- ☐ I know that the role of a skeleton is to protect and allow movement.
- ☐ I know that some animals have no backbone, and these animals are called invertebrates.
- ☐ I know that some animals have a skeleton on the inside (endoskeleton) and some have a skeleton on the outside (exoskeleton).
- ☐ I know that muscles can work in pairs and that when one muscle relaxes the other contracts which results in movement.
- ☐ I know that insects require muscles to help them to jump.
- ☐ I know that I cannot make my own food and that I need to eat a balanced diet to maintain good health.
- ☐ I know that I need vitamins to maintain good health.
- ☐ I can record my observations using simple scientific vocabulary in labelled diagrams.
- ☐ I can use an iPad or secondary source to find the answer to a question.
- ☐ I can group animals into their skeleton type.
- ☐ I can collect data and record it.
- ☐ I can write an explanation using the word because to explain which insect jumped furthest.
- ☐ I can use equipment, make observations and record measurements.