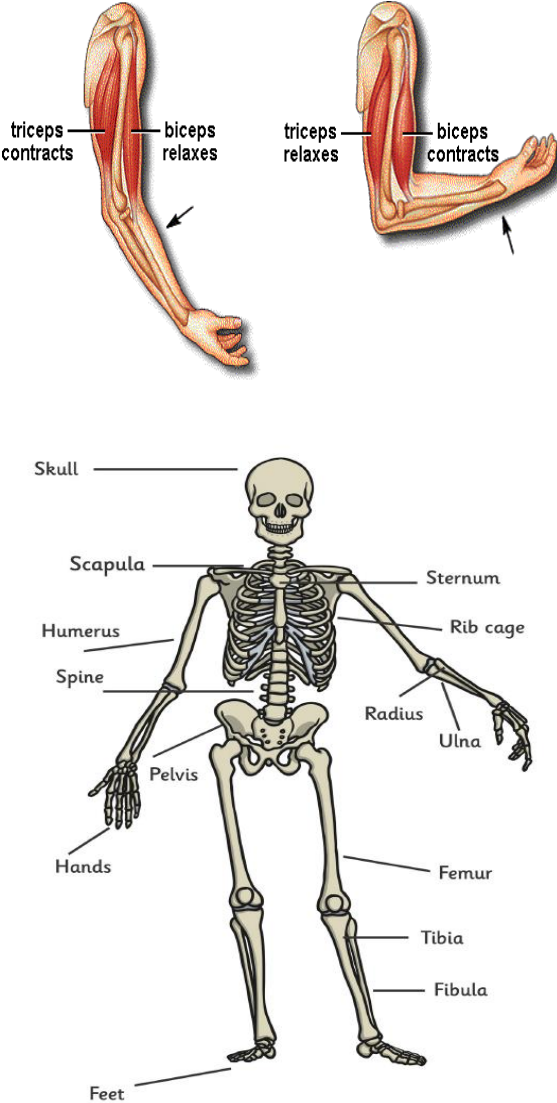


Year 3: Skeletons, Muscles and Nutrition Knowledge Mat

Subject Specific Vocabulary		Information	Important Knowledge
invertebrate	An animal without a backbone.	 <p>The 'Information' column contains three diagrams. At the top, two diagrams of an arm show muscle action: the left diagram shows the triceps contracting and the biceps relaxing, while the right diagram shows the triceps relaxing and the biceps contracting. Below these is a full-body diagram of a human skeleton with labels for the Skull, Scapula, Humerus, Spine, Pelvis, Hands, Feet, Sternum, Rib cage, Radius, Ulna, Femur, Tibia, and Fibula.</p>	<input type="checkbox"/> I know the names of some bones and can label them on a diagram: skull, ribcage, spine, pelvis, femur, humerus.
exoskeleton	An animal whose skeleton is on the outside. For example a crab.		<input type="checkbox"/> I know that the role of a skeleton is to protect and allow movement.
endoskeleton	An animal whose skeleton is on the inside. For example a human or a cat.		<input type="checkbox"/> I know that some animals have no backbone, and these animals are called invertebrates.
bicep/ triceps	The pair of muscles in the upper arm that work together to allow movement.		<input type="checkbox"/> I know that some animals have a skeleton on the inside (endoskeleton) and some have a skeleton on the outside (exoskeleton)
tendon	The tissue that joins muscle to bone.		<input type="checkbox"/> I know that muscles can work in pairs and that when one muscle relaxes the other contracts which results in movement.
relax/ contract	Muscles work in pairs, and as one relaxes the other contracts.		<input type="checkbox"/> I know that insects require muscles to help them to jump.
balanced diet	A diet that contains all the vitamins, minerals and other nutrients needed for good health.		<input type="checkbox"/> I know that I cannot make my own food and that I need to eat a balanced diet to maintain good health.
nutrients	A substance that is needed for healthy growth, development, and functioning.		<input type="checkbox"/> I know that I need vitamins to maintain good health.
vitamin	Nutrients that are needed for health.		<input type="checkbox"/> Working Scientifically
mineral	Nutrients that are needed for good health.		<input type="checkbox"/> I can record my observations using simple scientific vocabulary in labelled diagrams.
			<input type="checkbox"/> I can use an iPad or secondary source to find the answer to a question.
			<input type="checkbox"/> I can group animals into their skeleton type.
			<input type="checkbox"/> I can collect data and record it.
			<input type="checkbox"/> I can write an explanation using the word because to explain which insect jumped furthest.
			<input type="checkbox"/> I can use equipment, make observations and record measurements.