

Science Knowledge Organiser - Year 3

Unit: How do our bodies move and function?

Key Vocabulary:

diet	The food that a person or animal eats is called its diet .
energy	Energy is the strength to be able to move and grow.
exercise	Exercise is activity that requires physical effort, in order to improve fitness.
healthy	You are healthy if you are in a good physical and mental condition.
hygiene	Having good hygiene means that you keep yourself clean to prevent illnesses.
invertebrate	Invertebrates are animals without backbones.
joints	Joints are areas where two or more bones are fitted together.
muscles	Muscles are soft tissues in the body that contract and relax to cause movement.
nutrients	Nutrients are substances that living things need to stay alive and healthy.
skeleton	A skeleton is the framework that supports the body of an animal. They can be on the inside or the outside of a body.
tendons	Tendons are cords that join muscles to bones.
vertebrate	Vertebrates are animals that have backbones.

Science Skills:

- Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.
- Identify that humans and some other animals have skeletons and muscles for support, protection and movement.
- Identify differences, similarities or changes related to simple scientific ideas and processes.
- Ask relevant questions and use different types of scientific enquiries to answer them.



Key Facts:

- Animals, including humans, need food, water and air to stay alive.
- Living things need food to grow and be strong and **healthy**.
- A **healthy diet** incorporates the right balance of the different food groups.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to **exercise**, eat a **healthy diet** and be **hygienic**.
- Skeletons** do three important jobs: protect organs inside the body; allow movement; and support the body.
- Some animals have **endoskeletons**, which are on the inside; some have **exoskeletons**, which are on the outside.

Food Groups

Carbohydrates give us the energy we need.

Oils and spreads should be consumed in small amounts.

Milk and dairy are important for strong bones and teeth.

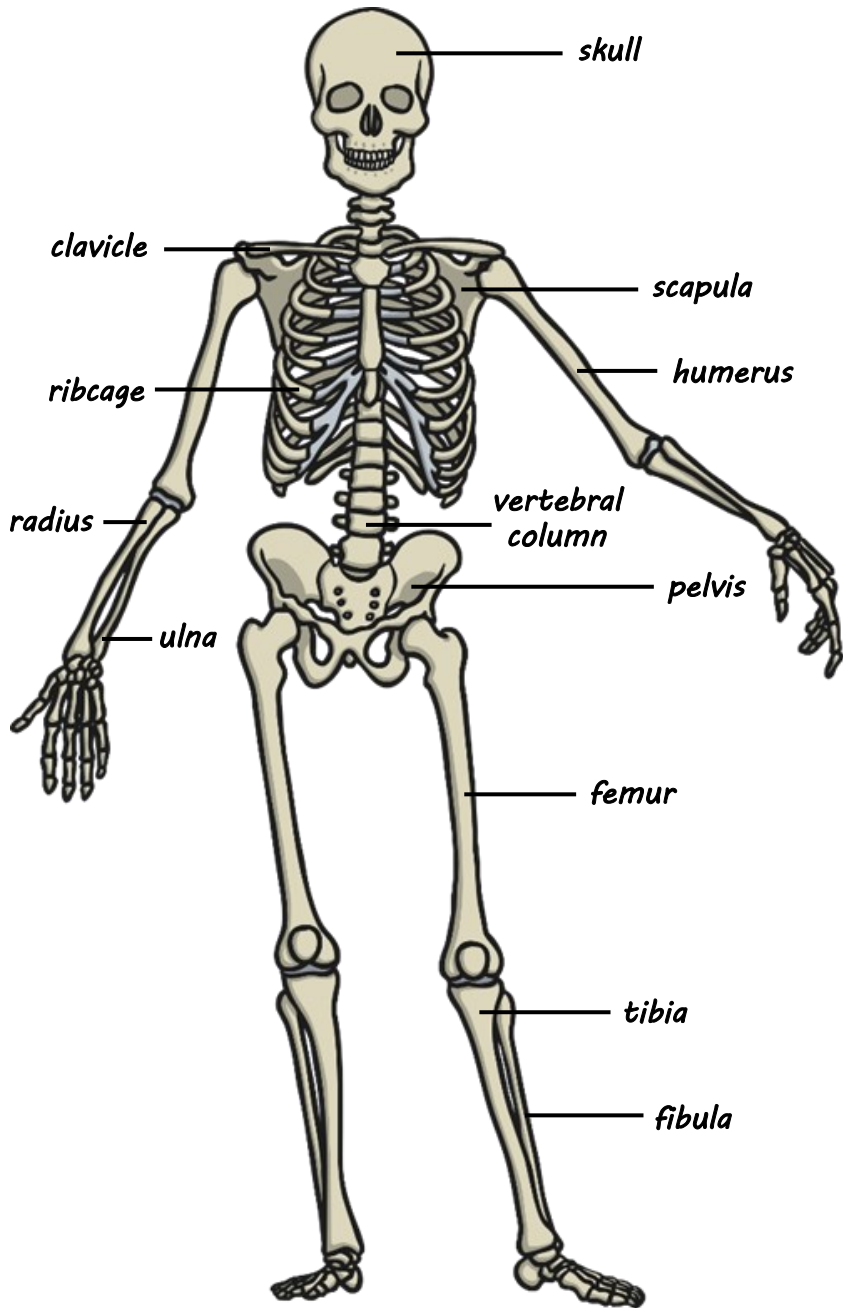
Protein helps us to grow and build muscles.

Fats and sugars should be eaten less often and in small amounts.

Fruit and vegetables reduce your risk of disease and keep you healthy.

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Types of Skeleton

vertebrates

endoskeleton



invertebrates

hydrostatic skeleton



exoskeleton



Muscle Movement

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

