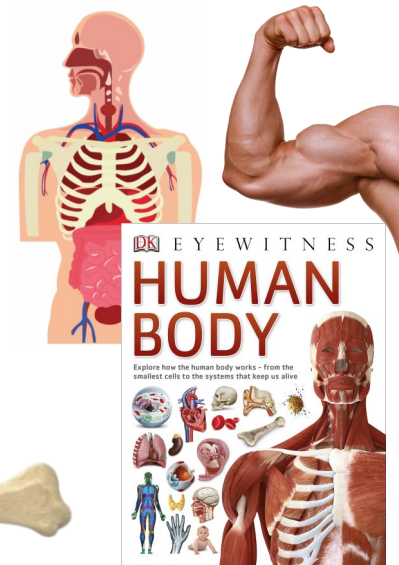


Subject Specific Vocabulary

nutrition	Involves drinking enough water and eating the right amount of items from the four min food groups.
diet	Our bodies need a balanced diet to work properly. This involves drinking enough water and eating healthily.
skeleton	The human skeleton is made of bone and grows as we grow. Our skull protects our brain and our ribs protect our heart and lungs.
muscles	Muscles are used to move our limbs and are attached to the bones by tendons. They contract and relax and always work in pairs.
voluntary muscles	Muscles that are controlled by a person or animal's choice.
involuntary muscles	Muscles that are not controlled by a person or animal's choice.
cartilage	This is a connective tissue found in many areas of the body including: joints between bones e.g. the elbows knees and ankles.
tendon	Muscles are attached to the bone by tendons and work in pairs to allow for smooth movement.
spine	Also known as the backbone, your spine is a strong, flexible column of ring-like bones that runs from your skull to your pelvis.

Skeletons, Muscles and Diet!



By the end of this topic I will explore...

- ◆ How do humans get the nutrition they need?
- ◆ What is a balanced diet and why is it important?
- ◆ What is a skeleton and are all animals skeletons the same?
- ◆ What are muscles and how do they work?
- ◆ How are muscles and skeletons used for support , protection and movement?

Links to our core values:

How can we as a part of school and wider Christian family help those people who are in need of food banks, soup kitchens, etc.?

How can we show love, hope and friendship to those in need?

How can we help charities such as Feed the Hungry?

Links to the National Curriculum and Progression:

See our **Working Scientifically Maps for the skills we develop!**

National Curriculum - Science - KS2

- ◆ 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.