



Year 3 Science Knowledge Organiser: (Animals Including Humans)



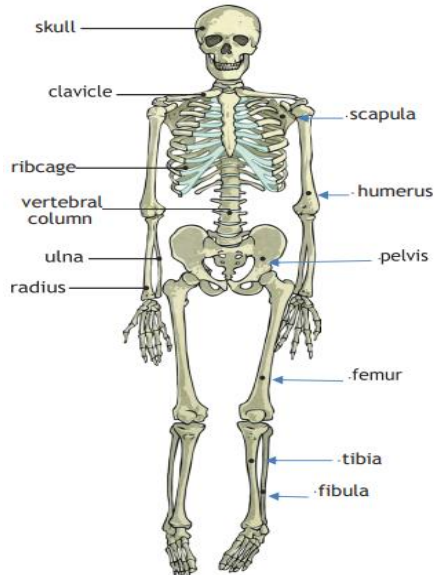
Subject Specific Skills

- I can 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.
- I can identify that humans and some other animals have skeletons and muscles for support, protection and movement.

Prior Learning

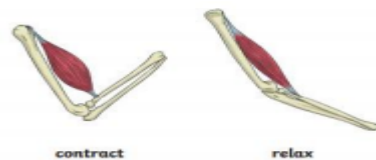
- I can notice that animals, including humans, have offspring which grow into adults
- I can find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- I can describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Key Knowledge:



Skeletons and Muscles

The skeleton protects our internal organs, keeps us supported and helps us move. Skeletons move because bones are attached to muscles. When a muscle contracts (bunches up), it gets shorter and pulls up the bone it is attached to. When a muscle relaxes, it contracts.



Key Vocabulary

Vertebrate An animal with a backbone inside their body

Invertebrate An animal with a backbone

Bones The hard parts inside your body which form your skeleton

Skeleton The framework of bones in your body Backbone (spine) The column of small linked bones down the middle of your back

Muscle Muscles move the different parts of your body, inside and outside

Hygiene Keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases

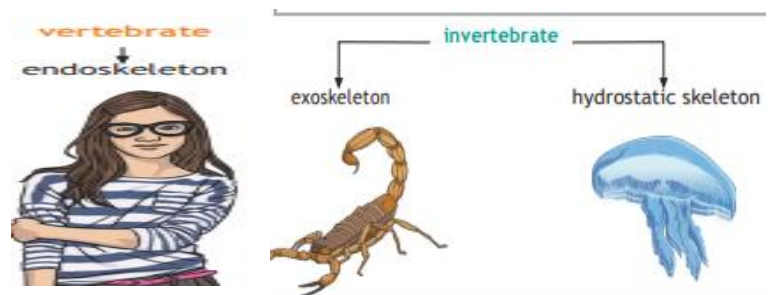
Exercise take part in bodily activity for the sake of improving physical fitness

Balanced diet Choosing foods in the right amounts from each of the food groups

Key Individual: Elsie Widdowson



Key Knowledge:



Healthy Eating :

To keep your body fit and healthy you need a balanced diet using all of the food groups.

- Carbohydrates
- Protein
- Sugar and Fats
- Vitamins and Minerals

Living things need food to grow and to be strong and healthy.

Plants can make their own food, but animals cannot.

To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.

Animals, including humans, need food, water and air to stay alive.