

The Knowledge

Supporting the National Curriculum



Knowing More

Remembering More

Learning More

Animals including humans



ARDLEIGH GREEN
JUNIOR SCHOOL

Year 3
Science

Key Facts

Protein: Help your body grow and repair itself examples include red meat, yoghurt and beans.

Carbohydrates: They give you energy e.g. potatoes and pasta.

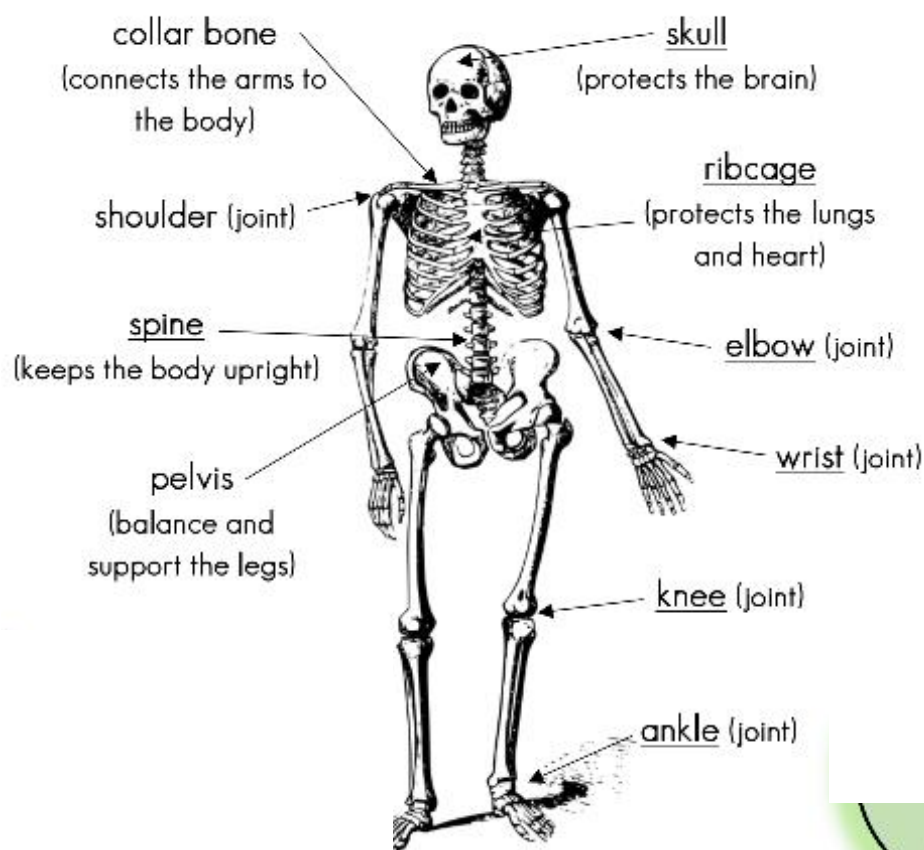
Fats: Give you energy e.g. nuts and oils

Vitamins: Keep your body healthy e.g. sweetcorn and spinach

Fibre: Helps you digest food e.g. cereals and lentils

Water: Helps to move nutrients in your body

Key Facts



Key facts

Anatomy is the study of the bodies of living beings. This can be people, animals, or plants. It is like taking the body apart, and looking at its parts (organs, muscles and bones). People who study *anatomy* then look where a certain organ (or bone, or muscle) should be, or where it normally is.

We have a skeleton and we have muscles in our body. They are both there in order to support us, protect our organs and to allow us to move.

Key Vocabulary

Skeleton: The set of bones on a human or animal, joined together to make our structure.

Tendon: A tough, elastic tissue which connects the muscles and bones.

Involuntary muscles: Muscles not controlled by an individual's will.

Voluntary muscles: Muscles whose actions are controlled by an individual's will.

Test Yourself

- 1.) Which bone protects the brain?
- 2.) What is the main source of energy for our bodies?
- 3.) What are the three main functions of the skeleton?
- 4.) What do we call an animal with a backbone?
- 5.) What is a good source of calcium?
- 6.) What helps keep us upright?
- 7.) What does it mean when a muscle 'contracts'?
- 8.) What builds and repairs our muscles?

What would I like to know ...