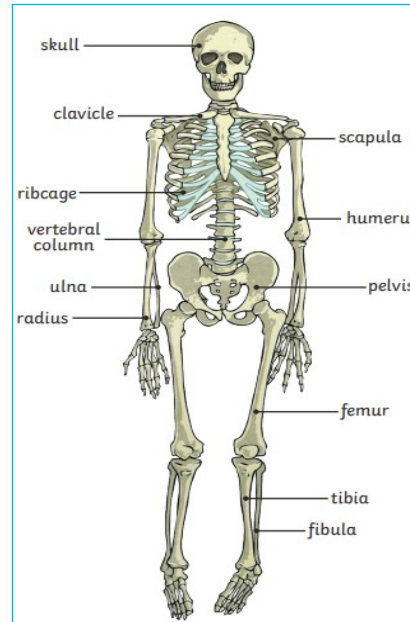


Animals Including Humans - Year 3

Previous learning:

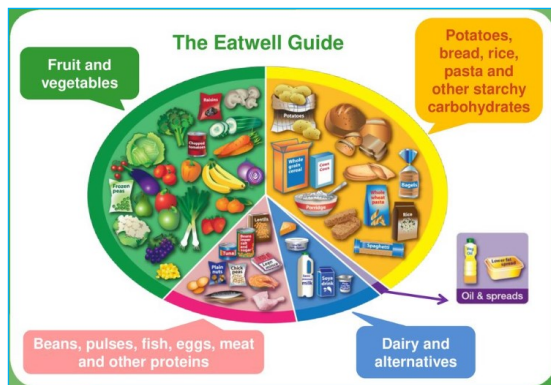
In Year 1, you learnt to identify and name a variety of common animals and if they are carnivores, herbivores or omnivores. You described and compared the structure of a variety of common animals. In Year 2, you found out about and described the basic needs of animals, including humans, for survival (water, food and air). You described the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Skeletons do three important jobs: protect organs inside the body; allow movement; support the body and stop it from falling on the floor.

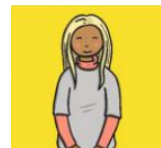
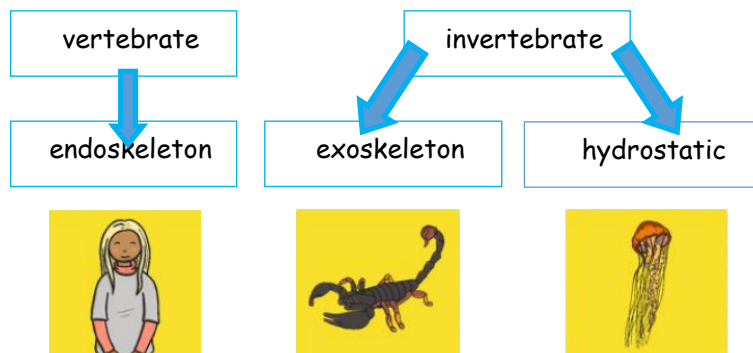


Key vocabulary	Definitions
healthy	In a good physical and mental condition.
nutrients	Substances that living things need to stay alive and healthy.
energy	Strength to be able to move and grow.
saturated fats	Types of fats, considered to be less healthy, that should only be eaten in small amounts.
unsaturated fats	Fats that give you energy, vitamins and minerals.
vertebrate	Animals with backbones.
invertebrate	Animals without backbones.
muscles	Soft tissues in the body that contract and relax to cause movement.
tendons	Cords that join muscles to bones.
joints	Areas where two or more bones are fitted together.

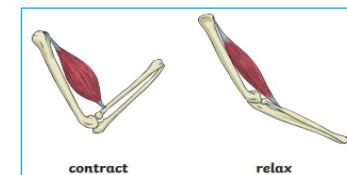
Living things need food to grow and to be strong and healthy. Plants can make their own food, but animals cannot. To stay healthy, humans need to exercise, eat a healthy diet and be hygienic. Animals, including humans, need food, water and air to stay alive.



There are 3 main types of skeletons: endoskeletons, exoskeletons and hydrostatic skeletons.



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



Carbohydrates and fats provide energy; protein helps growth and repair; fibre helps to digest the food you've eaten; vitamins and minerals keep you healthy; water moves nutrients around the body and helps to get rid of waste.

Future learning: In Year 4, you will identify different types of teeth. You will describe the basic functions of the digestive system. You will also create a different food chains, identifying predators and prey.