

# Animals including Humans

# Class 3 and 4

## Key Vocabulary – New for Year 3

<b>Healthy</b>	In good physical and mental condition.	<b>Saturated fats</b>	Types of fats, considered to be less healthy, that should only be eaten in small amounts.	<b>Muscles</b>	Soft tissues in the body that contract and relax to cause movement.
<b>Nutrients</b>	Substances that animals need to stay alive and healthy.	<b>Unsaturated fats</b>	Fats that give you energy, vitamins and minerals.	<b>Tendons</b>	Cords that join muscles to bones.
<b>Energy</b>	Strength to be able to move and grow.	<b>Exoskeleton</b>	External skeleton that supports and protects an animal's body	<b>Joints</b>	Areas where two or more bones are fitted together.
<b>Vertebrate</b>	Animals with backbones	<b>Endoskeleton</b>	An internal skeleton	<b>Hydrostatic skeleton</b>	A flexible skeleton supported by fluid pressure.
<b>Invertebrate</b>	Animals without backbones				

### What are the different types of nutrients and what are they used for?

Nutrient	Purpose	Found in:
Carbohydrates	Provide energy	Bread, pasta
Protein	Help growth and repair	Meat, fish
Fibre	Helps digestion	Cereal
Fats	Provide energy	Butter
Vitamins	Keep you healthy	Fruit, veg
Minerals	Keep you healthy	Milk
Water	Moves nutrients around your body	

### What is the function of a skeleton?

Skeletons do 3 important jobs:

- Protect the organs inside the body;
- Allow movement;
- Support the body and stop it from falling to the floor.

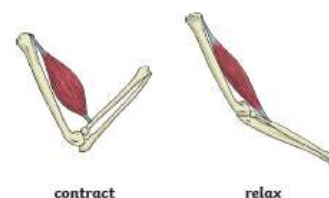
### What are the different types of skeleton?

Review vertebrate and invertebrate and discuss:

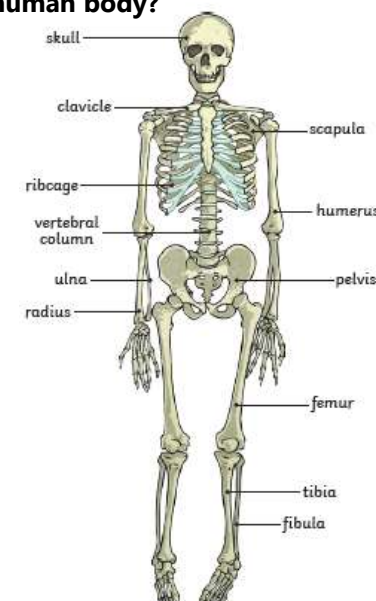
- Endoskeleton
- Exoskeleton
- Hydrostatic skeleton

### How do muscles work?

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



### What bones are there in the human body?



### Prior Learning

Children will learn about the lifecycle of a human and an animal  
Children will learn about what humans need to keep healthy

### Next Steps

Children will learn about teeth and eating including the human digestive system.