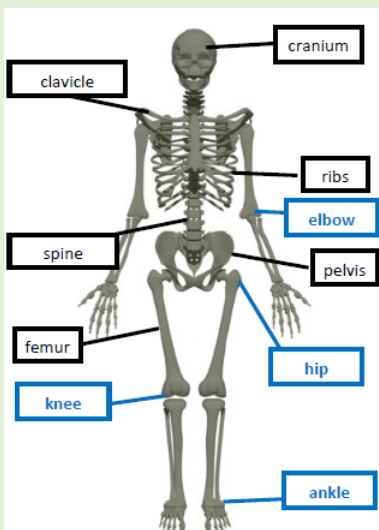


**What should I already know?**

- All animals need water, air and food to survive.
- The different ways in which humans can be healthy.
- Examples of healthy and unhealthy food choices.
- The parts of the human body and what they do.
- There are five types of **vertebrates** (mammals, fish, reptiles, amphibians, birds)
- **Vertebrates** are animals that have a **backbone**.
- Invertebrates are animals that do not have a backbone.
- All animals need water, air and food to survive.
- The different ways in which humans can be healthy.

**What will I know by the end of the unit?**

- 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.



**Assessment – What expected looks like**

*Through a range of different activities, I have become familiar with the different nutrients and can identify what types of food they each come from. I can name bones in the skeleton and understand that this has three functions – support, protection and movement. I know that bones and muscles work together to make you move. I can talk about how other animals can move and protect themselves without skeletons.*

**Vocabulary**

<b>diet</b>	Our bodies need a balanced diet to work properly. This involves drinking enough water and eating healthily.
<b>nutrition</b>	Nutrition involves drinking enough water and eating the right amount of items from the four main food groups.
<b>skeleton</b>	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.
<b>muscles</b>	Muscles are attached to bones by tendons and help them to move. When a muscle contracts it gets shorter and pulls on the bone it is attached to.
<b>joint</b>	Joints allow the body to make movements. The body has many bones and are connected through the joints.
<b>pelvis</b>	The pelvis is a bony cradle-shaped structure located at the base of the spine.
<b>cartilage</b>	Cartilage is a connective tissue found in many areas of the body including joints between bones e.g. the elbows, knees and ankles.
<b>rib cage</b>	It is made up of curved bones. The rib cage is found in the chest area. It protects a person's internal organs from damage.
<b>tendon</b>	Muscles are attached to the bone by tendons and work in pairs to allow for smooth movement.
<b>spine</b>	Also known as your backbone, your spine is a strong, flexible column of ring-like bones that runs from your skull to your pelvis.

**Sticky Knowledge**

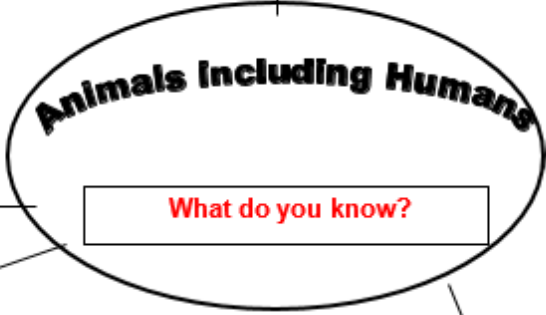
- The spine is made up of 33 bones and the smallest bone is found in our ear.
- Muscles make up 40% of our total body weight and the smallest muscle is found in our ears.
- When we are born we have about 300 bones in our body by the time we are adults we have 206 because some bones have fused together.
- When broken our bones will repair themselves. Doctors use casts or splints to make sure they grow back straight.
- The longest bone in the human body is the thigh bone called the femur.
- Bone marrow makes up 4% of a human body mass. It produces red blood cells which carry oxygen all around the body.

Describe something that might happen if we did not have a skeleton.

What does the prefix exo- tell us about exoskeletons?

What is a vertebrate?

What is an invertebrate?



Why do humans and animals have muscles?

What is a balanced diet?

What types of food are proteins?

What do they do?