



# Animals Including Humans



Year 3  
Spring Term

## Key Learning

### Nutrition

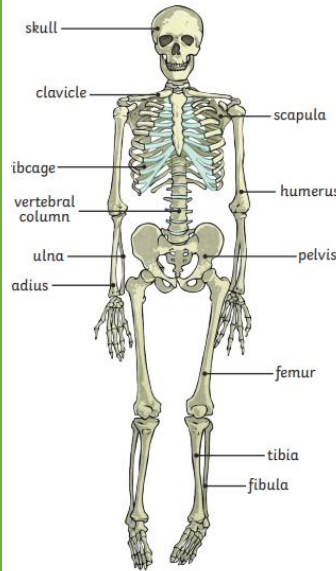
Living things need food to grow and to be strong and healthy. Plants can make their own food, but animals cannot. To stay healthy, humans need to exercise, eat a healthy diet and be hygienic. Animals, including humans, need food, water and air to stay alive.



### Skeletons

Vertebrate endoskeleton is a skeleton on the inside of the body that supports and protects it.

Invertebrate exoskeleton is a skeleton on the outside of the body that supports and protects it. Hydrostatic skeleton is a skeleton made up of a fluid-filled compartment in the body called a coelom, mainly found in soft bodied animals.

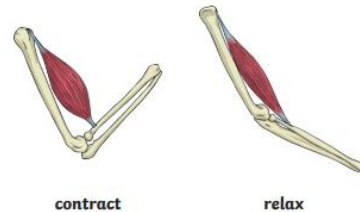


### Human Skeletons

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

### Muscles

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



## Key Vocabulary

|                  |  |
|------------------|--|
| 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  |

