



# Animals, including Humans

## Skeletons

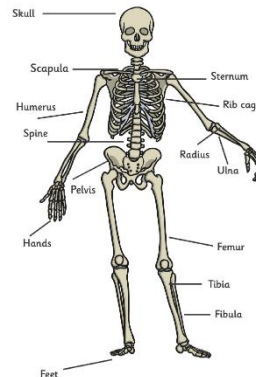
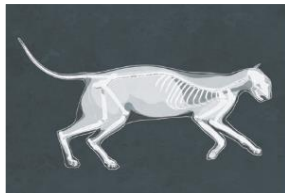
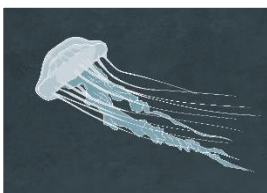
In Year 2 we:

- Noticed that animals, including humans, have offspring which grow into adults
- Found out about and described the basic needs of animals, including humans, for survival (water, food and air)
- Described the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

In Year 3 we will:

- 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.

Animal skeletons can be grouped into 3 different groups: endoskeleton, exoskeleton and hydro skeleton.



The human skeleton is important for movement, protection and support.

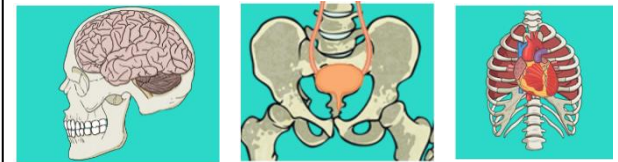
## Protection and Movement

The skeleton protects different organs in the body. For example:

The skull protects the brain.

The rib cage protects the heart.

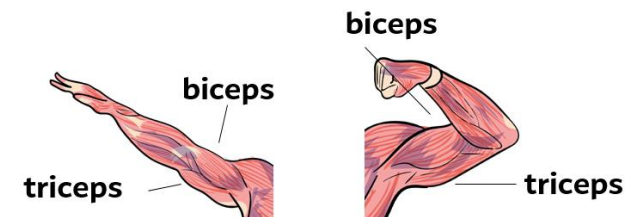
The pelvis protects the bladder.



Invertebrates do not have a backbone.

Vertebrates have a backbone inside the body.

The muscles are attached to the bones and make the skeleton move.



When the arm straightens, the biceps relax and the triceps contract. When the arm bends, the biceps contract and the triceps relax.

Vertebrates

Invertebrates

## Nutrition



- fruit & veg
- dairy
- sugar & fats
- carbs & starches
- protein

Humans need to eat a healthy balanced diet. The 'Eat Well Plate' is a guide to show us how much of each type of food we should eat.

## Key Vocabulary

offspring	A person, or animal's, child.
survival	To live, or exist.
nutrition	Having or providing food necessary for health and growth.
growth	The process of increasing in size.
hygiene	Keeping clean, to stay healthy.
exercise	Activities that require physical effort.
carbohydrates	A type of food that is a source of energy, for example pasta.
protein	A type of food that helps to build and repair muscles.
fats	A type of nutrient that the body needs, but not too much of.
Vitamins and minerals	This is found in foods and helps the body to work properly.
muscular system	All of our muscles working together.
muscle	How we move and live.
contract	This pulls the bones it is connected to, closer together.
relax	A muscle returns to resting position.
bones	These make up the skeleton.
skeleton	Provides support for our bodies and helps form our shape.
skeletal system	All the bones in the human body together.