


Year 3: Skeleton and Muscles Knowledge Mat

| Subject Specific Vocabulary | | Interesting Books | Sticky Knowledge about our skeleton and muscles |
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| nutrition | Nutrition involves drinking enough water and eating the right amount of items from the four main food groups. |  | <input type="checkbox"/> The spine is made up of 33 bones and the smallest bone is found in our ear. |
| skeleton | 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. | | <input type="checkbox"/> Muscles make up 40% of our total body weight and the smallest muscle is found in our ears. |
| muscles | 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. | | |
| diet | Our bodies need a balanced diet to work properly. This involves drinking enough water and eating healthily. | Important facts to know by the end of the skeleton and muscle topic: <ul style="list-style-type: none"> • That humans cannot make their own food. They get their nutrition from what they eat. • That humans have skeletons and muscles for support, protection and movement. • Know that the body parts have special functions. • Know the names of the body parts associated with skeleton and muscles. • Compare the diets of different groups of animals, including humans. • Know what a healthy meal looks like. | <input type="checkbox"/> 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. |
| joint | Joints allow the body to make movements. The body has many bones and are connected through the joints. | | <input type="checkbox"/> When broken our bones will repair themselves. Doctors use casts or splits to make sure they grow back straight. |
| pelvis | The pelvis is a bony cradle-shaped structure located at the base of the spine. | | <input type="checkbox"/> The longest bone in the human body is the thigh bone called the femur. |
| cartilage | Cartilage is a connective tissue found in many areas of the body including: Joints between bones e.g. the elbows, knees and ankle | | <input type="checkbox"/> Bone marrow makes up 4% of a human body mass. It produces red blood cells which carry oxygen all over the body. |
| rib cage | It is made up of curved bones. The rib cage is found in the chest area. It protects a persons internal organs from damage. | | |
| tendon | Muscles are attached to the bone by tendons and work in pairs to allow for smooth movement. | | |
| spine | Also known as your backbone, your spine is a strong, flexible column of ring-like bones that runs from your skull to your pelvis. | | |