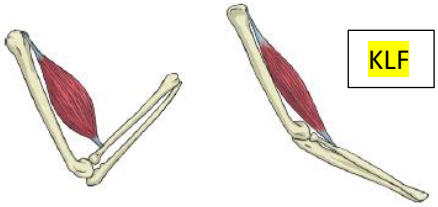
| Key Vocabulary | |
|---|---|
| vertebrate | animals with backbones |
| invertebrate | animals without backbones |
| muscles | soft tissues in the body that contract and relax to cause movement |
| tendons | cords that join muscles to bones |
| joints | areas where two or more bones are fitted together |

Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

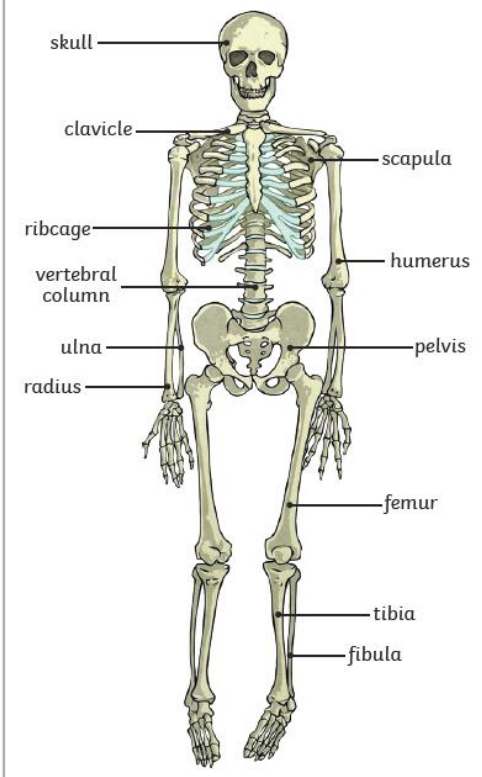
KLF

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



contract relax

KLF

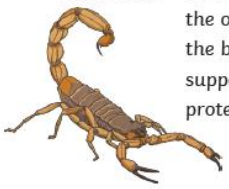



vertebrate

**endoskeleton** – a skeleton on the inside of the body that supports and protects it

invertebrate

**exoskeleton** – a skeleton on the outside of the body that supports and protects it



**hydrostatic skeleton** – a skeleton made up of a fluid-filled compartment in the body called a coelom, mainly found in soft-bodied animals

| 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 |

- 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.

KLF

KEY LEARNING FACTS (KLF)

| Nutrient | Found in... (examples) | What it does/they do |
|---|---|---|
| carbohydrates |   | provide energy |
| protein |  | helps growth and repair |
| fibre |   | helps you to digest the food that you have eaten |
| fats |   | provide energy |
| vitamins |   | keep you healthy |
| minerals |  | keep you healthy |
| water |  | moves nutrients around your body and helps to get rid of waste |

WHAT WE WILL LEARN.

1. Know how to sort foods into food groups and find out about the nutrients that different foods provide.
2. Understand the nutritional values of different foods
3. Be able to sort animal skeletons into groups, discussing patterns and similarities and differences.
4. Investigate an idea about how the human skeleton supports movement
5. Be able to explain how bones and muscles work together to create movement.