



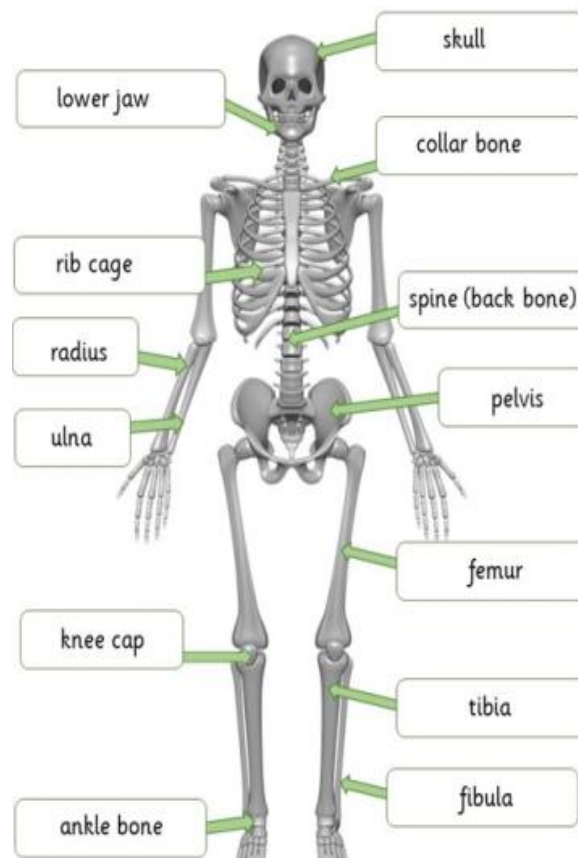
Holy Trinity Church of England Primary School

To be the best we can be: for God, for others and for ourselves

Year 3 - Animals including humans

Key Vocabulary	Definition
Bones	The hard parts inside your body which form your skeleton
Carbohydrates	These are the foods that give us energy. They are found in sugary and starchy foods
Fibre	Fibre helps keep your digestive system in good working order and prevents disease.
Joints	The place where two bones meet.
Muscles	There are attached to bones and help us move.
Nutrition	Food necessary for health and growth.
Proteins	These are important so the body can grow, repair and build muscle.
Vitamins and minerals	Substances found in foods, which keep us healthy. There are found in fruit and vegetables.

The Skeleton



Sticky Knowledge

- Humans need the right types and amount of nutrition; they get nutrition from what they eat.
- Humans and some other animals have skeletons and muscles for support, protection and movement
- The 'food triangle' shows us the right amounts of different foods we should eat to stay healthy.
- Exercise makes your muscles (including your heart) and your bones stronger.

Scientists Link

6 hours

Lesson 1

Can I sort foods into groups?

Lesson 2

Can I understand what healthy eating means?

Lesson 3

Can I understand that our skeleton is a hard frame made up of bones?

Lesson 4 (Extended writing opportunity- fact file about skeletons)

Can I explain the three main functions of our skeleton?

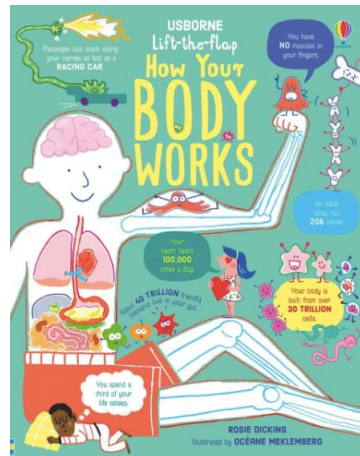
Lesson 5

Can I understand that our muscles help us move?

Lesson 6

Can I understand that exercise is part of a healthy lifestyle?

Link to a text



Science skills

- Decide ways and give reasons for sorting, grouping, classifying, identifying things/ objects, living things, processes or events based on specific characteristics.
- Compare and contrast and begin to consider the relationships between different things.
- Record similarities as well as differences
- Explore their own ideas about 'what if...?' scenarios.
- Begin to understand that some questions can be tested in the classroom and some cannot.
- Finding things out using a range of secondary sources of information.