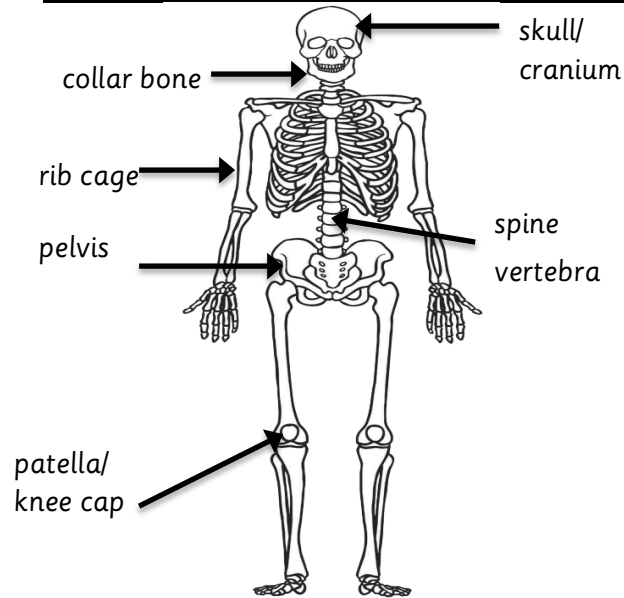


Knowledge Organiser

Year 3 Autumn 2: Science

Human Skeleton

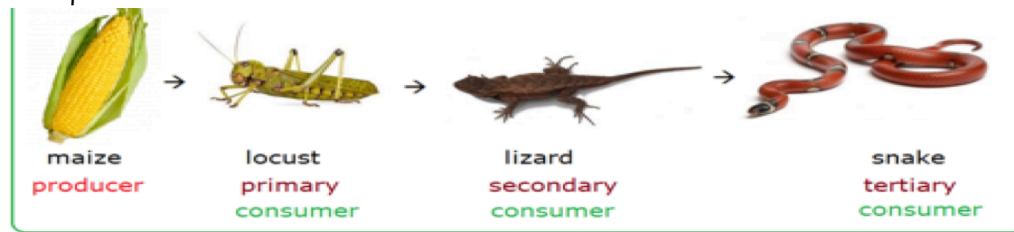


Vocabulary Dozen

skeleton	Keeps the body in shape, helps movement and protects organs.	muscle	Attached to the bone and are responsible for movement.
skull	A bone that protects the brain.	posture	The position that a person sits in.
rib cage	A bone that protects the heart.	nutrients	Substances that helps plants and animals to grow.
heart	A muscle that pumps blood around the body.	organs	Tissues in the body that perform functions.
joints	Area where two bones meet.	vitamins	Substances found in foods that keep you healthy.
consumers	Eating food you cannot create yourself.	digest	When food in the stomach is broken down.

The study of animals (Biology)

- 1) All animals are **consumers**. Consumers eat plants and sometimes other consumers.
Example:



- 2) Animals rely on a **balanced** diet to maintain their health.
3) **Plants** are the only organisms that can make food for themselves using the sun's rays.

Muscles found in the human body:

4. Muscles **contract or relax** and this causes movement.
5. The heart is a special type of muscle called the **cardiac** muscle.
6. These are the main types of muscles: abdominal, pectoral, bicep, tricep, hamstrings and calves.

Vitamin List

Vitamin	Food	Main Role
A	Milk, Cheese, butter	Healthy vision and skin
C	Orange, Lemon, tomatoes	Prevent infection
D	Milk, Cheese, Fish	Helps bone development

