Year 3: Skeleton and Muscles Knowledge Mat (Biology)

(If you didn't have a skeleton, what would it stop you doing?)

Subject Specific Vocabulary

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.
nutrition	Nutrition involves drinking enough water and eating the right amount of items from the four main food groups.
diet	Our bodies need a balanced diet to work properly. This involves drinking enough water and eating healthily.
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.
tendon	Muscles are attached to the bone by tendons and work in pairs to allow for smooth movement.
pelvis	The pelvis is a bony cradle-shaped structure located at the base of the spine.
skull	The skull protects the brain.
rib cage	It is made up of curved bones. The rib cage is found in the chest area. It protects a person's internal organs from damage.
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.
incisor	Teeth that 'cut and tear' at food.

Interesting Books

Sticky Knowledge

Animals, including humans, need the right types and amount of nutrition.

Humans cannot make their own food; they get nutrition from what they eat. The Eatwell Guide divides the foods we eat and drink into 5 main food groups.

Humans and some other animals have skeletons and muscles for support, protection and movement.

Humans have three main types of teeth: incisors, canines and molars.

Interesting facts

- ❑ The spine is made up of 33 bones and the smallest bone is found in our ear.
- ❑ Muscles make up 40% of our total body weight and the smallest muscle is found in our ears.
- ❑ 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.
- ❑ The longest bone in the human body is the thigh bone called the femur.
- ❑ Plaque is made up of food debris, saliva and bacteria found in the mouth.
- ❑ All foods contain nutrients which your body needs to stay active. Some foods contain more nutrients than others.