

St Saviour's Catholic Primary and Nursery School



Subject: Science

Topic: Animals including Humans

Year: 3

Strand: Biology

What should I already know?

- Animals including humans have offspring which grow into adults.
- Animals change as they grow.
- The basic needs of living things to survive are air, water and food.
- The right amount of different types of food are important for animals to eat.
- Exercise is important for humans and has positive effects of exercise.

What am I going to learn?

- Living things need food to grow and be 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.
- Skeletons protect organs inside the body.
- Skeletons allow movement.
- The body is supported and stopped from falling on the floor by the skeleton.
- Skeletal muscles work in pairs to move the bones they are attached to by taking turns to contract and relax.

Vocabulary

Photosynthesis: The process plants use to take energy from the sun to make their food.

Carbohydrates: These are sugars and starches rich in energy.

Saturated Fats: Fat is often found in animal products and considered less beneficial.

Unsaturated Fats: This fat is often found in plants and considered more beneficial.

Proteins: Nutrients which help repair your body.

Vitamins and Minerals: Nutrients which keep you healthy.

Fibre: Nutrients which cannot be broken down, but instead help you digest food.

Endoskeleton: The internal structural system.

Exoskeleton: The external structural system.

Hydrostatic Skeleton: Flexible structural system.

Joints: An area where two bones are joined together.



Investigations

- We will investigate how muscles work together in pairs to move skeletons.

