

## Key Vocabulary

Word	Definition
Contracts	When muscles tense up and shorten.
Diet	The sort of food animals or humans regularly eat.
Enamel	A hard and white substance that forms the outer layer of the tooth.
Endoskeleton	An <b>internal</b> (on the inside of the body) support made of bone that gives the body shape and allows it to move.
Energy	Strength to be able to move and grow.
Exoskeleton	A hard covering that supports and protects the bodies of some animals. 'Exoskeleton' means " <b>outside skeleton.</b> "
Fibre	This lets food pass quickly through your digestive system.
Healthy	In a good mental and physical condition.
Herbivore	Animals that only eat plants.
Inheritance	A physical or mental trait passed down by a parent, e.g. eye colour.
Invertebrate	Animals <b>without</b> internal backbones (not on the inside of the body)
Joints	Areas where two or more bones are fitted together.
Muscles	Organs which allow the body to move. They're attached to skeletons.
Nutrition	The study of food and how it works in your body.
Omnivore	Animals that eat both plants and animals.
Proteins	These are in food and help the body grow, repair and build muscle.
Relaxes	When muscles loosen, get longer and return to normal.
Skeleton	The set of bones on a human or animal.
Tendon	A tough, elastic tissue which connects muscles to bones.
Vertebrae	The segments of bone which make up the spine.
Vertebrate	Animals <b>with</b> internal backbones (on the inside of the body).
Vitamins & Minerals	These help us to grow, form bone/muscle and prevent infection (fruit and vegetables).

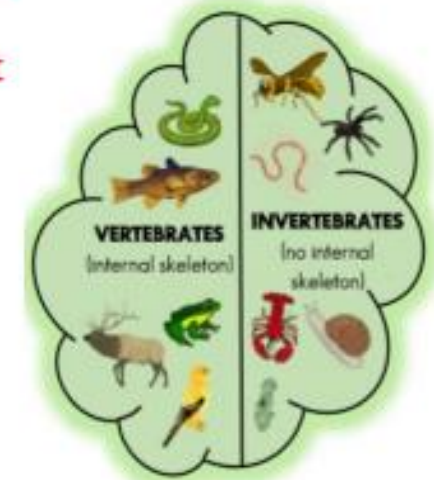
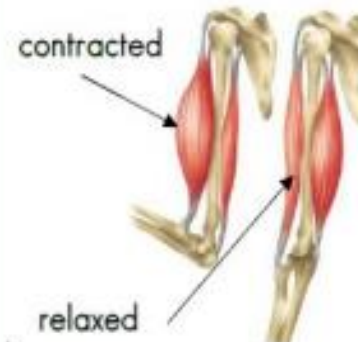
### Previous Knowledge

- There are 7 key traits shared by all living organisms (MRS NERG).
- Animals and plants each have a place in a food chain and rely on one another.
- Humans and other animals rely on digesting certain nutrients to stay healthy and live.

## SKELETONS & MUSCLES

The skeleton protects our internal organs, keeps us supported and helps us move.

Skeletons move because bones are attached to muscles. When a muscle contracts (bunches up), it gets shorter and pulls up the bone it is attached to. When a muscle relaxes, it



### Working Scientifically

- Asking relevant questions and using different types of scientific enquiries to answer them.
- Making systematic and careful observations.
- Gathering, recording, classifying and presenting data in a variety of ways to help answer questions in a meaningful way.
- Recording findings and predictions using scientific language, drawings, labelled diagrams, keys, bar charts and tables.
- Using results to draw simple conclusions, make new predictions and raise further questions.
- Setting up simple practical enquiries, comparative and fair tests.

### Key Questions

- What does the skeleton do?
- What are the different parts of the skeleton and what are their functions?
- How do muscles and skeletons move?
- How do we get these bodily traits?
- What foods help to keep muscles and bones healthy?

### Notes:

- Skeletons have 3 jobs:
  - 1) protect the body's organs;
  - 2) allow movement;
  - 3) support the body and stop it from falling on the floor.
- Muscles contract and relax to move bones.