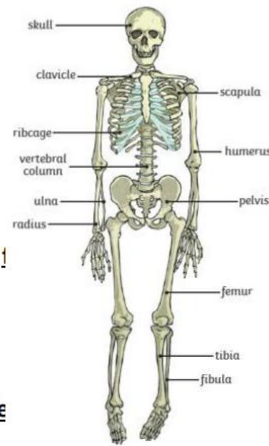


# Moving and Growing

## What is a skeleton?

A skeleton is an animal's **framework** or **structure**.  
Human skeletons have 3 jobs:- 1)It **protects** the organs inside the body.  
2)It allows the body to **move**.  
3)It **supports** the body to stop it from falling on the floor.



## What are muscles?

Muscles help the body to move and live as they provide a **movement**.

Muscles have to **work in pairs** to move the bones.  
Muscles are attached to the bones by tendons.

One muscle **contracts**.....

the other muscle **relaxes**



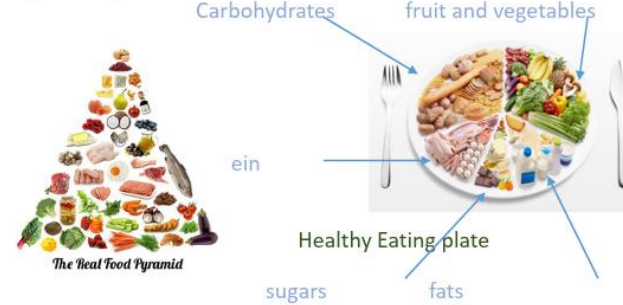
## Why do animals need food?

Living things need food to grow, be **strong** and **healthy**.  
Animals need **food**, **water** and **air** to stay alive.

**How are plants and animals different in getting their nutrition?**  
Animals need to eat food. Plants can make their own food.



To stay healthy humans need to eat a varied diet.



## Key Knowledge

1. Different bones have different functions, they can be for support, movement or protection.
2. Muscles help us to move.
3. Humans get their nutrition from the food they eat.
4. The digestive system helps to remove waste from the body.
5. A human adult has 32 teeth with different functions from grinding and tearing.
6. Humans are top of the food chain.

## Key Vocabulary

bones	Hard parts inside the body.
contract	Gets smaller
invertebrate	Animals without a backbone
joints	Part of the body where two bones meet
muscles	Soft tissue that causes movement
organs	Parts of the body that do jobs to keep the body alive
relax	Gets longer
skeleton	Collection of bones that make up the body
tendon	Cords that join muscles to bones
vertebrate	Animals with backbones
carbohydrates	Provide energy
energy	Gives strength to be able to move and grow
fibre	Helps digest the food
nutrients	Substances needed to keep animals healthy and alive
protein	Helps growth and repair
Sugars and fats	Give energy