

How do our skeletons and muscles help us move, support and protect our bodies?

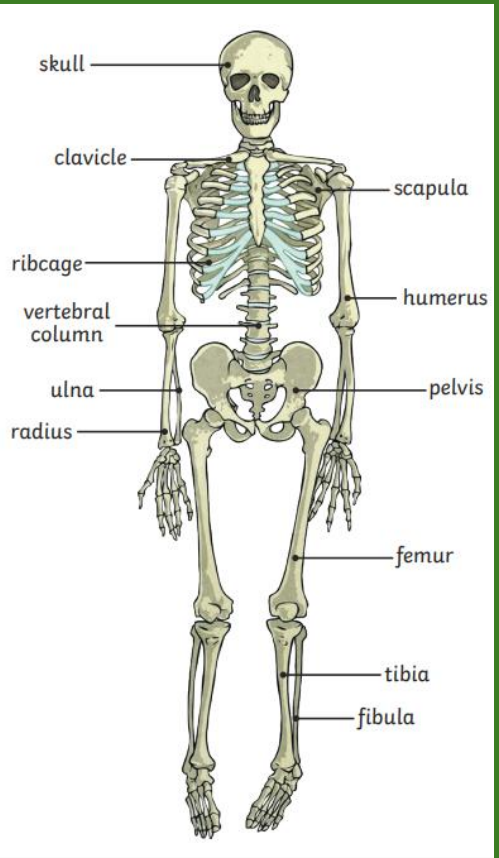
What I will know at the end of the unit

- That my body has a skeleton made of bones that gives it shape and holds it up.
- That my skeleton keeps me upright and protects important parts inside my body, like my brain, heart, and lungs.
- That my bones join together at joints which let me move, bend, and twist.
- That my muscles pull on my bones to help me move, and they work in pairs to do this.
- That humans and many animals have skeletons and muscles that help them move, support their bodies, and protect them.
- That when I exercise, my heart beats faster to give my muscles more oxygen so I can move and stay healthy.

Scientist: Andreas Vesalius



Andreas Vesalius was a scientist and doctor who carefully studied the human body to understand how our bones and muscles work together. His detailed drawings showed how the skeleton gives us shape, protects our organs, and allows us to move. Vesalius's research changed how people thought about anatomy, and his discoveries still help doctors and scientists learn about how our bodies move and stay strong today.



Year 3 Autumn 2

- Skeletons do three important jobs:
- protect organs inside the body;
 - allow movement;
 - support the body and stop it from falling on the floor.

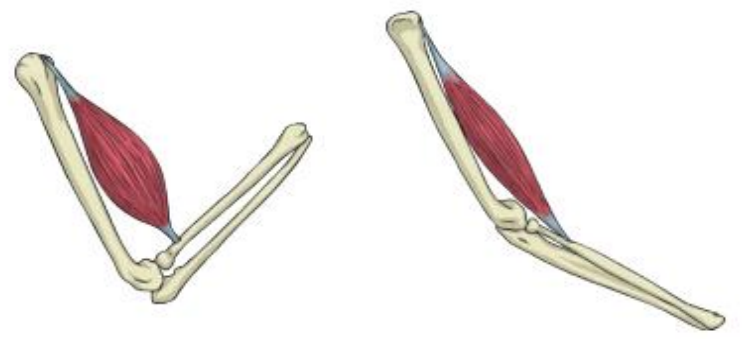
Vocabulary you will know...

Vertebrate	Animals with a backbone
Invertebrate	Animals without a backbone
Muscles	Soft tissues in the body that contract and relax to cause movement
Tendons	Cords that join muscles to bones
Joints	Areas where two or more bones are fitted together

Vocabulary you will hear ...

endoskeleton, exoskeleton, hydrostatic skeleton, contract, relax, organs

Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



contract

relax