

Meadows First School Knowledge Organiser **SCIENCE** **Year 3 Autumn 2** **Focus: Fitness and Exercise (Animals, including Humans)**

Key Knowledge

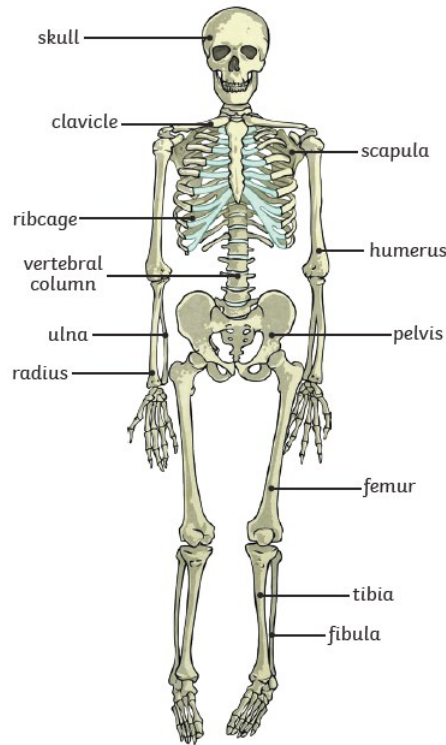
I know that humans cannot make their own food and must find the right nutrition from what they eat.

Nutrient	Used for...
Carbohydrates	Providing energy.
Protein	Helps growth and repair.
Fibre	Helps digestion of food.
Fats	Providing energy.
Vitamins	Keeps you healthy.
Minerals	Keeps you healthy.
Water	Moves nutrients around the body.

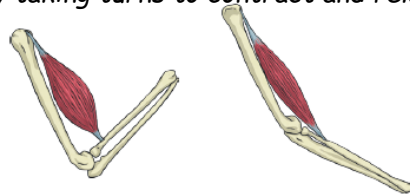
To stay healthy we need to exercise, eat a healthy diet and be hygienic.



I know that some animals and humans have skeletons for support, protection and to help movement.



Skeletal muscles work in pairs to move the bones they are attached to by taking turns to contract and relax.



contract

relax

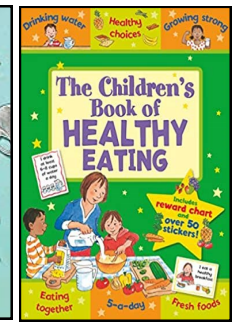
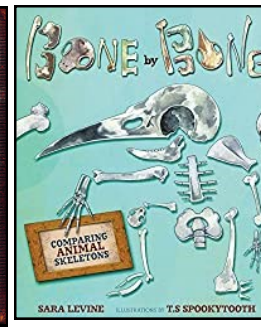
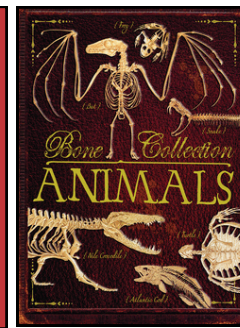
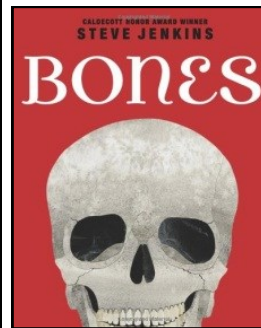
Key Vocabulary

Healthy	<i>Being in a good physical and mental condition.</i>
Nutrients	<i>Substances that animals need to stay alive and healthy.</i>
Energy	<i>Strength to be able to move and grow.</i>
Vertebrate	<i>Animals with backbones.</i>
Invertebrate	<i>Animals without backbones.</i>
Muscles	<i>Soft tissues in the body that contract and relax to cause movement.</i>

Working Scientifically

- We will set up our own practical enquiry on whether we can run faster than Usain Bolt. We will make sure the test is fair and record the data accurately ourselves.
- We will make predictions with thought out reasons for our enquiry.
- When we finish our enquiry we will discuss what we have found out and think about what we would change.
- We will use computers and books to research the human body, looking at the skeleton and muscles and what their jobs are in the body.

Books, Internet Sites and Places to Visit.



Museum of Zoology - <https://www.museum.zoo.cam.ac.uk/visit-us>