

Year 3

Spring

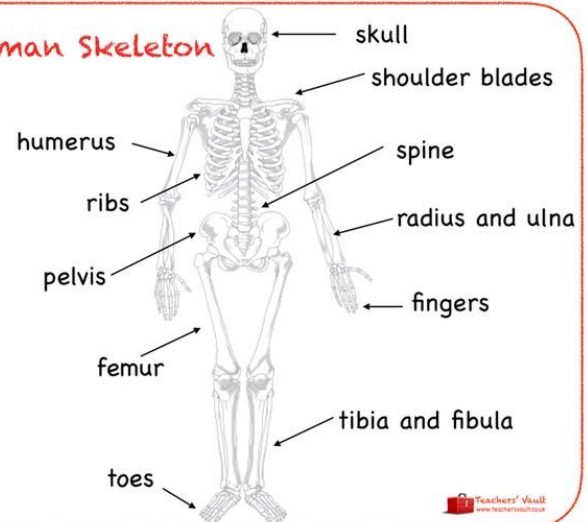
## Science - Skeletons and Movement

In this unit, children will learn that underneath our skin are lots of things that make up our body. Two of these are bones and muscles. Bones shape our body and help us to stand up straight. Muscles are attached to bones; they help us walk and run and smile.

### Key Knowledge

- Many animals have skeletons to support and protect their body and to help it move.
- The human skeleton is made of bones and grows as we grow.
- Vertebrates are animals that have a spine or backbone as part of their skeleton. Humans are vertebrates.
- Invertebrates are animal that do not have a backbone. A butterfly is an invertebrate.
- Muscles are attached to bones by tendons and help them to move.
- When a muscle contracts (bunches up), it gets shorter and so pulls on the bone it is attached to. When a muscle relaxes, it goes back to its normal size.

### The Human Skeleton



### Key Vocabulary

**Bone** - hard parts of the skeleton  
**contract** - to squeeze together  
**diet** - the food that we eat

**Exoskeleton** - a skeleton on the outside of the body  
**invertebrate** - an animal without a spine/backbone  
**healthy** - things that are good for our bodies

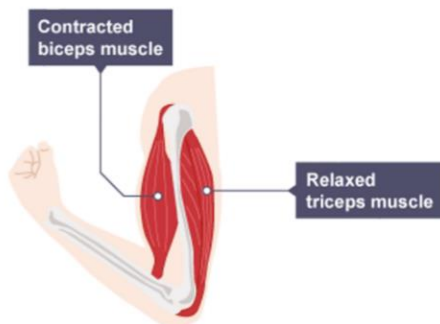
**Muscle** - a bundle of tissue that contracts to allow movement

**Relax** - to become less tense

**Skeleton** - a framework of bone to support the body

**Unhealthy** - things that are not good for our bodies

**Vertebrate** - an animal with a spine/backbone



### Did you know?

An adult human skeleton is made up of 206 bones!