



Learning sequence:

- Identify the 7 life processes.
- Identify that humans have skeletons and muscles for support, protection and movement.
- To name and locate the bones of the body.
- To identify that all animals, including humans, have a skeleton but they are not all the same.
- Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.
- To understand the basic needs for survival, including exercise and healthy eating.
- Name the five food groups and their importance for a balanced diet.



Nutrition is when we eat food to give us energy.

Final Outcome: Make a split pin skeleton using elastic bands for muscles.

Key Vocabulary

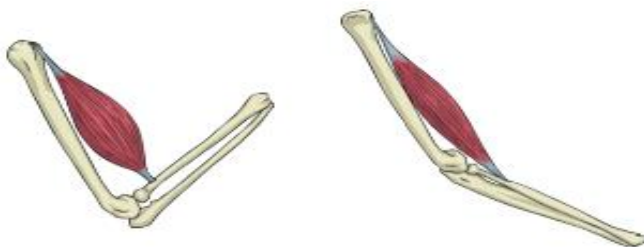
Vertebrate	Animals with backbones.
Invertebrate	Animals without backbones.
Skeleton	The bones of the body create a framework called the skeleton.
Muscles	Soft tissues in the body that relax and contract to cause movement.
Tendons	Cords that join muscles to bones.
Joints	Area where two or more bones are fitted together.

Key Skills:

- To identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.
- Identify that humans and some other animals have skeletons and muscles for support, protection and movement.

Key Facts and Knowledge:

- There are 206 bones in the human body but a baby has about 300.
- Skeletons do three important jobs:
 - protect organs inside the body
 - allow movement
 - support the body and stop it from falling on the floor.
- Living things need food to grow and to be strong and healthy.
- To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.



contract

relax