

Enquiry Question: How does our body move and what foods can keep me healthy?

Why this/why now?

Good nutrition is always an important part of keeping healthy and strong.

This term our topic links closely to our DT project where we will use our knowledge to inform us on which foods would be good to use to make a healthy soup.

How does this link to the National Curriculum?

Year 3 Programme of Study – Animals and humans- movement and feeding.

Within the Year 3 band – Working scientifically.

We will be scientists by:

- Understanding that humans and animals have different kinds of skeletons for movement, support and protection.
- Learning some names of bones and muscles.
- Knowing that some foods are better for keeping us healthy than others and how to read food labels'.

How will this unit of work be assessed?

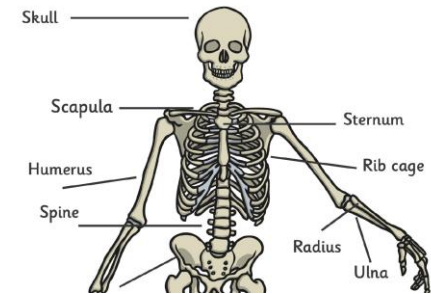
Through investigations and observations during practical work. Plickers cards will be used to show individual view points and answers.

How will the learning journey be evidenced?

The learning journey will be evidenced by photographs of practical work.

There will be tables, charts and diagrams and well as scientific write ups in the floors books.

Autumn Term



Character Muscles



Problem-solving

Questioning

Self-control

Things my family can ask me:

Can you name any bones in the human body?

What three purposes, that you have learnt, does the skeleton have?

In muscle pairs, if one muscle contracts, what is the other muscle doing?

What type of skeleton does an octopus have?

Where do you find information on how nutritious some food is? Find some in the cupboard or fridge.

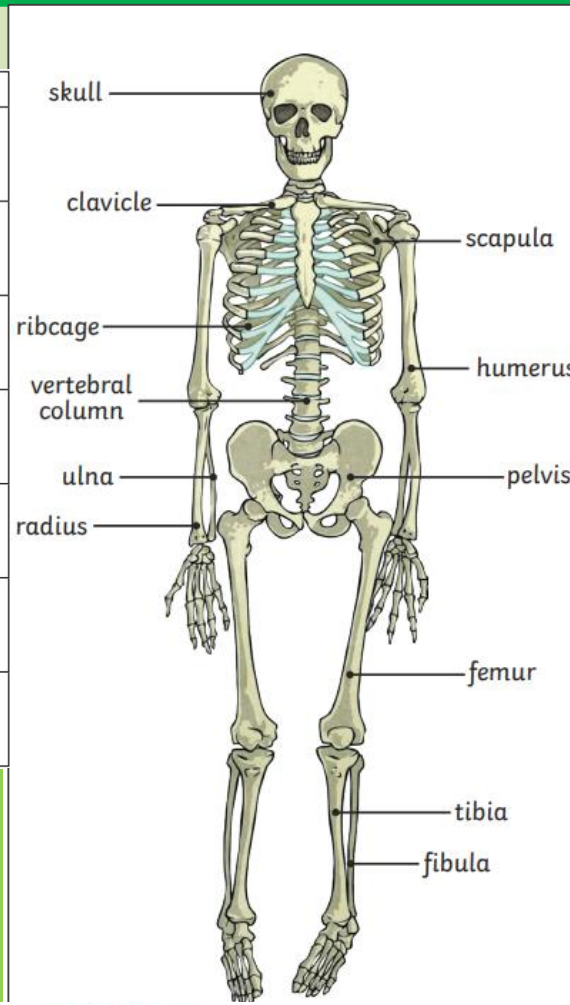
What food groups should we eat less of?

Links to other subjects

DT- making a healthy soup

The Knowledge (these are the key bits of information!)

Key Knowledge		
Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste




Key Vocabulary	
vertebrate	animals with backbones
invertebrate	animals without backbones
muscles	soft tissues in the body that contract and relax to allow movement
tendons	cords that join muscles to bones
joints	areas where two or more bones connect together
healthy	in good physical or mental condition
nutrients	substances that living things need to stay alive and healthy
energy	strength to be able to move and grow
skeleton	a firm structure some living things have to help with support, movement and protection

Further Research: BBC Bitesize:
[Skeletons and muscles - KS2 Science - BBC Bitesize](#)
[What is a balanced diet? - BBC Bitesize](#)

vertebrate

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endoskeleton – a skeleton on the inside of the body that supports and protects it



invertebrate


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exoskeleton – a skeleton on the outside of the body that supports and protects it

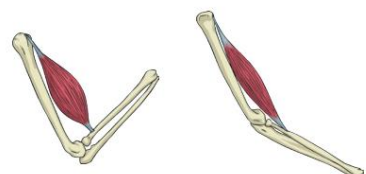


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hydrostatic skeleton – a skeleton made up of a fluid-filled compartment in the body called a coelom, mainly found in soft-bodied animals



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**