



Year 3: Skeleton and Muscles Knowledge Mat

Subject Specific Vocabulary		Interesting Books	Sticky Knowledge about our skeleton and muscles
nutrition	Nutrition involves drinking enough water and eating the right amount of items from the four main food groups.		<input type="checkbox"/> The spine is made up of 33 bones and the smallest bone is found in our ear.
skeleton	The human skeleton is made of bone and grows as we grow. Our skull protects our brain and our ribs protect our heart and lungs.		<input type="checkbox"/> Muscles make up 40% of our total body weight and the smallest muscle is found in our ears.
muscles	Muscles are attached to bones by tendons and help them to move. When a muscle contracts it gets shorter and pulls on the bone it is attached to.		<input type="checkbox"/> When we are born we have about 300 bones in our body by the time we are adults we have 206 because some bones have fused together.
diet	Our bodies need a balanced diet to work properly. This involves drinking enough water and eating healthily.	Important facts to know by the end of the skeleton and muscle topic: <ul style="list-style-type: none"> • That humans cannot make their own food. They get their nutrition from what they eat. • That humans have skeletons and muscles for support, protection and movement. • Know that the body parts have special functions. • Know the names of the body parts associated with skeleton and muscles. • Compare the diets of different groups of animals, including humans. • Know what a healthy meal looks like. 	<input type="checkbox"/> When broken our bones will repair themselves. Doctors use casts or splits to make sure they grow back straight.
joint	Joints allow the body to make movements. The body has many bones and are connected through the joints.		<input type="checkbox"/> The longest bone in the human body is the thigh bone called the femur.
pelvis	The pelvis is a bony cradle-shaped structure located at the base of the spine.		<input type="checkbox"/> Bone marrow makes up 4% of a human body mass. It produces red blood cells which carry oxygen all over the body.
cartilage	Cartilage is a connective tissue found in many areas of the body including: Joints between bones e.g. the elbows, knees and ankle		
rib cage	It is made up of curved bones. The rib cage is found in the chest area. It protects a persons internal organs from damage.		
tendon	Muscles are attached to the bone by tendons and work in pairs to allow for smooth movement.		
spine	Also known as your backbone, your spine is a strong, flexible column of ring-like bones that runs from your skull to your pelvis.		