

Bretnside Knowledge Organiser - Science

Year: 3	Topic: How can Usain Bolt move so quickly?	National curriculum: Animals including humans- 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.
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What I should already know:

I can identify the basic parts of the human body.
 I can understand what the basic needs of animals, including humans, are for survival (water, food and air).
 I know the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

What I should know at the end of the topic:

I can explain the types and amount of nutrition animals, including humans need.

I can understand the effects of running quickly.

I can explain the purpose of bones.

I can identify the functions of muscles.

I can classify animals with or without skeleton.

I can research different food groups.

Investigate:

How long will it take you to run 100m?

How does the arm joint work and can you make a similar joint?

What role does the muscle have in helping the arm to move?

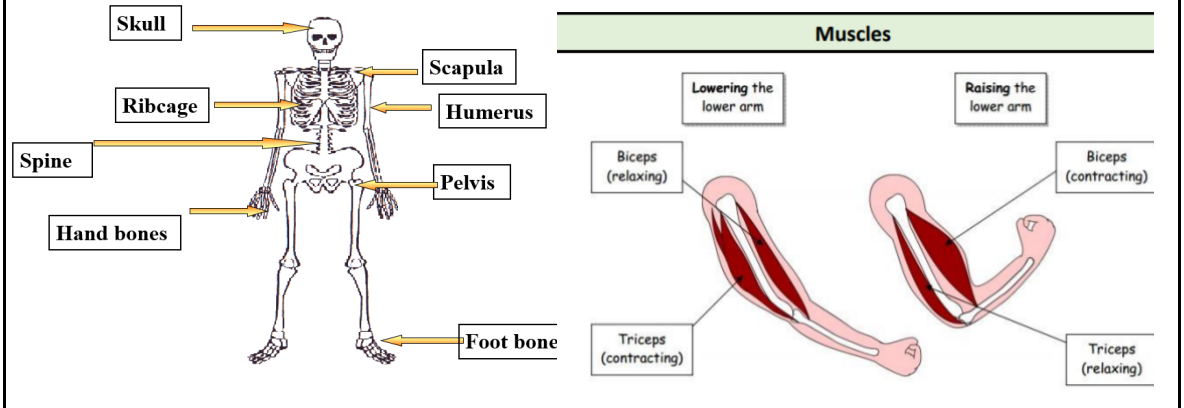
How does the food we eat get transported around our body?

Can you sketch the position that Usain Bolt is in from 'on your marks to go'?

How can you create a movement that links six different balances, using your body?

Reflection: From photographs of your balances explain how the skeleton and muscles link to support you.

Diagrams:



Vocabulary

Nutrition	The process of providing or obtaining the food necessary for health and growth.
Muscles	Something inside your body which connects two bones and which you use when you make a movement.
Joints	The junction between two or more bones.
Bones	The hard parts inside your body which form your skeleton.
Organs	A part of your body that has a particular purpose.
Protect	Protecting someone or something means to prevent them from being harmed or damaged.
Tendons	A strong cord in a person's or animal's body which joins a muscle to a bone .
Vertebrae	A creature which has a spine.
Contract	To make smaller by drawing together; shrink or make tighter.
Relax	When a part of your body relaxes, or when you relax it, it becomes less stiff or firm.