



Year 3



### Statutory Requirements:

- 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 animals have skeletons and muscles for support, protection and movement

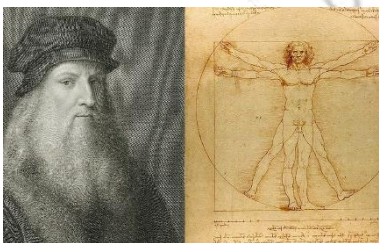
### Working Scientifically:

- Asking relevant questions and using different types of scientific enquiries to answer them
- Setting up simple practical enquiries, comparative and fair tests
- Making systematic and careful observations and, where appropriate, taking accurate measurements using standard units, using a range of equipment, including thermometers and data loggers
- Gathering, recording, classifying and presenting data in a variety of ways to help in answering questions
- Recording findings using simple scientific language, drawings, labelled diagrams, keys, bar charts, and tables

### Key Vocabulary:

- Diet
- Nutrition
- Vitamins
- Minerals
- Fats
- Protein
- Sugar
- Carbohydrates
- Skeletal System
- Muscular System
- Protection
- Support
- Movement
- Bone
- Skull
- Ribs
- Scapula
- Patella
- Spine

### Key Scientists:



#### Classic

**Leonardo de Vinci  
(1452 – 1519)**

Artist and scientist, who produced the first anatomically correct drawings of the human skeleton.



#### Contemporary

**Laura Tosi, MD  
(???? –)**

Director of the bone health program and orthopaedic surgeon at Children's National Hospital, USA.

### Key Knowledge:

- Animals and humans get nutrition from eating plants and other animals.
- The skeletal system has three main roles: support, protection of organs and movement.
- The muscular system helps us to move and supports our body's structure.
- Physical activity helps to keep our bones and muscles healthy.
- Important nutrients for our bones include calcium and vitamin D.
- Important nutrients for our muscles include protein for growth and repair and carbohydrates for energy.