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| What? (Key Knowledge) | | |
| Nutrition | | |
| What do animals, including humans need to survive? | | water, food, air and shelter |
| What do humans need to do to be healthy? | | To have a balanced diet of the right amount of different food types and drink.  To exercise regularly.  To be hygienic. |
| What is nutrition? | | Nutrition is important for all animals, including humans to enable their growth and maintain their health. This is obtained through the food they consume (eat). |
| Can an animal, including the human body make their own food? | | No. Humans and animals can’t make their own food. They can obtain food through growing, hunting or gathering it. |
| Skeleton and Muscles | | |
| What is a skeleton? | | A skeleton is a structure of bones that supports the body of a person or animal. |
| What is a muscle? | | A soft tissue in the body that contracts and relaxes to cause movement of the skeleton. |
| Possible Experiences | | |
| Compare how animals and humans obtain food.  Examine food and nutrient groups.  Explore skeleton types and their main functions.  Investigate how muscles work. | | |
| What? (Key Vocabulary) | | |
| Spelling | Definition/ Sentence | |
| energy | the strength and vitality for sustained physical or mental activity | |
| healthy | in a good physical and mental health | |
| contract/relax | Muscles which move bones act together in pairs. This means as one muscle **contracts**, its partner **relaxes.** Then as the partner muscles contracts the first muscles relaxes again | |
| vertebrate | An animal that does have a backbone | |
| invertebrate | An animal that does not have a backbone | |
| herbivore | An animal that eats mainly plant material e.g. grass, foliage etc. | |
| omnivore | An animal or person that eats both plant material and meat. | |
| carnivore | An animal or person that solely eats meat. | |
| **Diagrams and Symbols** | | |
| **The 12 main parts of the skeleton**    **The 10 main muscles in the human body.** | | |
| Year 3/4 Spelling Words linked to the unit of work. | | |
| breathe, breath, exercise, weight, height, strength. | | |