



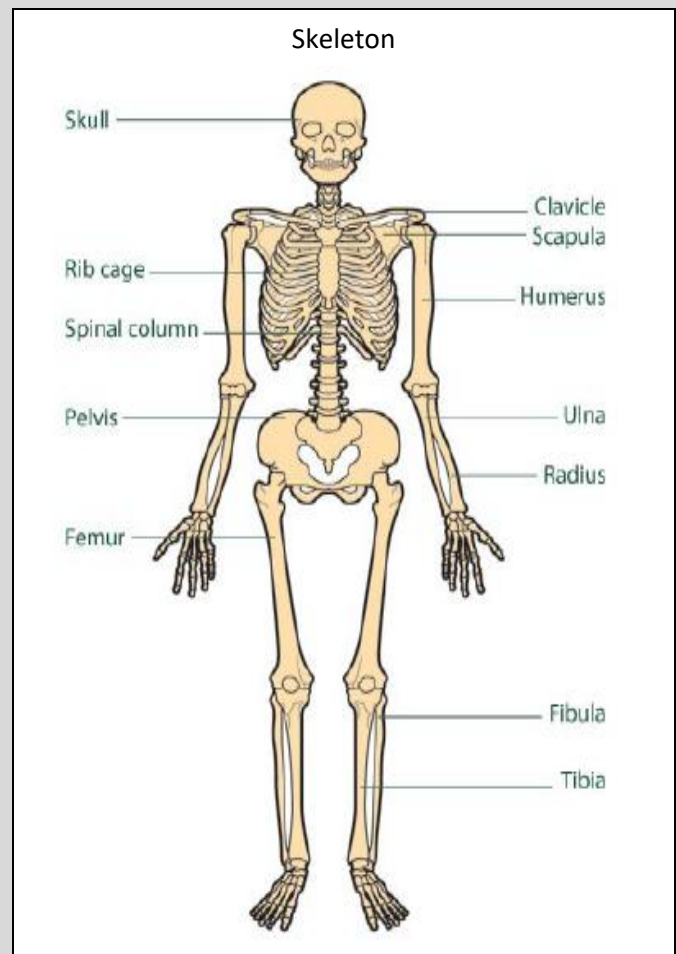
### Key knowledge:

Nutrition	
What is nutrition?	Animals and humans getting the food that they need in order to grow and be healthy.
Can we make our own food?	NO! Humans need to get their food by either growing it, hunting it or gathering it.
Growing food	Planting seeds that they can later harvest.
Hunting food	Hunting animals and killing them so they can be eaten.
Gathering food	Finding food that has grown in the wild.
Skeletons and muscles	
A skeleton is a structure of bones that supports the body of a person or animal.	
12 parts of the skeleton we should know	Skull, clavicle, scapula, rib cage, humerus, spinal column, pelvis, ulna, radius, femur, fibula and tibia.
Muscles are soft tissue in the body that contracts and relaxes to cause movement of the skeleton.	
Common muscles on the front of the body	Biceps, abdominals and quadriceps.
Common muscles on the back of the body	Trapezius, deltoids, triceps, lower back, gluteals, hamstrings and calves.

### Key vocabulary:

Contract	When a muscle becomes smaller, shorter and tighter
Relax	When a muscle becomes bigger, longer and loose

### Diagrams:



### Possible experiences:

Grouping animals with or without skeletons.  
Use cotton buds on black paper to map out the human skeleton.  
Use blue-tac to show the need for warming up muscles.  
Test relationships in the body, e.g. does wingspan = height?

### Key concepts:

Grouping	Identifying
Describing	