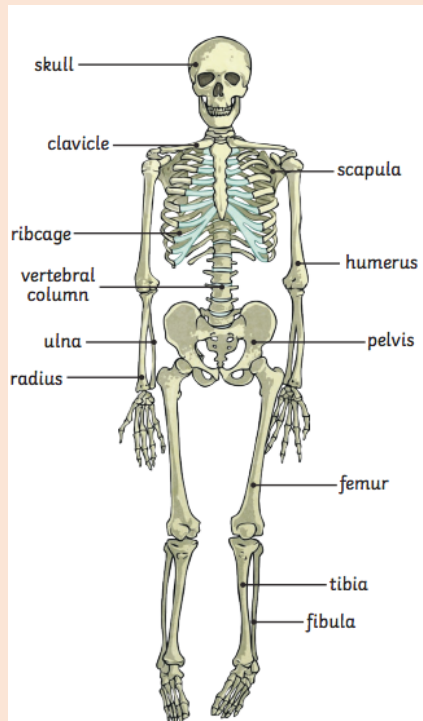


Animals including Humans Knowledge Planner

What should I already know?

- The parts of the human body and what they do.
- There are five types of vertebrates (mammals, fish, reptiles, amphibians, birds)
- Vertebrates are animals that have a backbone.
- Invertebrates are animals that do not have a backbone.
- All animals need water, air and food to survive.
- The different ways in which humans can be healthy.

The Human Skeleton



Key Vocabulary

Backbone	The column of small linked bones down the middle of your back also known as a spine.
Bones	The hard parts inside your body which form your skeleton contract to make smaller by drawing together; shrink or make tighter.
Elbow	The bend or joint between the upper arm and the lower arm
Endoskeleton	The internal skeleton of an animal, especially the bony skeleton of vertebrates
Exoskeleton	The protective or supporting structure covering the outside of the body of many animals
Joints	The junction between two or more bones muscles something inside your body which connects two bones and which you use when you make a movement
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
Relax	When a part of your body relaxes, or when you relax it, it becomes less stiff or firm
Skeleton	The framework of bones in your body support to hold something up tendons a strong cord in a person's or animal's body which joins a muscle to a bone
Vertebrate	A creature which has a spine

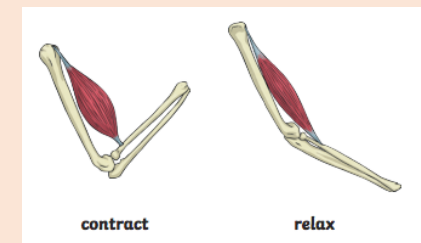
What does as an endoskeleton do?

The three most important things a skeleton does are:

- provide support and shape to an animal's body
- allow movement through the joints
- protect organs (e.g. the skull protects the brain)

Muscles

Skeletal muscles work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).

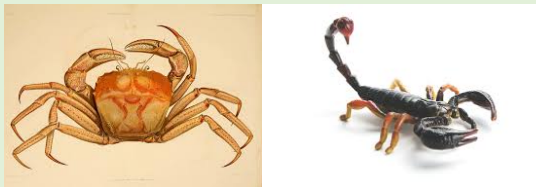


What are the different types of skeletons?

- Vertebrates are animals that have a backbone. These skeletons are called endoskeletons - this means that the skeletons are on the inside of the bodies. These skeletons grow with the bodies.



- When the skeleton exists outside the body, it is called an exoskeleton. An exoskeleton is a covering that supports and protects animals. These have to be shed and a new skeleton is grown.



How do we stay healthy?

Living things need food to grow and to be strong and healthy.

- Plants can make their own food, but animals cannot.
- To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

Food Groups

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste