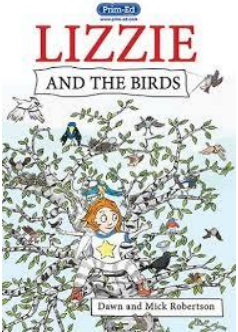
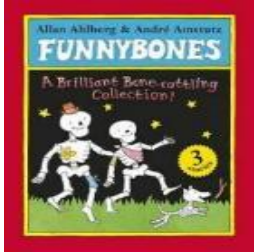
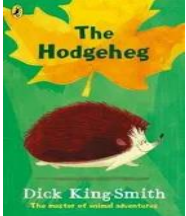
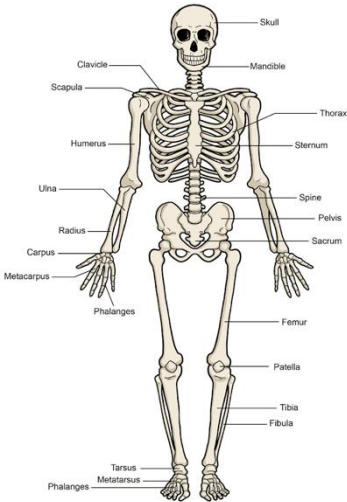


Subject Specific Vocabulary		Interesting Books	Sticky Knowledge about our skeleton and muscles
nutrition	Nutrition involves drinking enough water and eating the right amount of items from the main food groups.	  	<input type="checkbox"/> That humans and animals cannot make their own food.
skeleton	The human skeleton is made of bone and grows as we grow. Our skull protects our brain and our ribs protect our heart and lungs.		<input type="checkbox"/> Humans and animals need the right types and amounts of foods and get their nutrition from what they eat.
Muscles	Muscles are attached to bones by tendons and help them to move. Muscles contract and relax.		<input type="checkbox"/> The main food groups are: carbohydrates, protein, dairy, fats, fruit and vegetables.
Skull	A skull, is a set of bones that make up the head		<input type="checkbox"/> Humans and some animals have skeletons, joints and muscles for support, protection and movement.
diet	Our bodies need a balanced diet to work properly.		<input type="checkbox"/> Body parts have special functions: Brain: is the control centre for your body and it sits in your skull at the top of your spinal cord. Heart: Pumps blood around your body. Lungs: through the lungs we breathe in oxygen and breathe out carbon dioxide.
joint	Joints allow the body to make movements. The body has many bones and are connected through the joints.	Important facts to know by the end of the skeleton and muscle topic: 	<input type="checkbox"/> Know the names of the body parts associated with skeleton and muscles. -biceps, triceps, quadriceps, abdominals (muscles) -Skull, spine, ribs, pelvis, patella (bones)
pelvis	The pelvis is a bony cradle-shaped structure located at the base of the spine.		<input type="checkbox"/> Compare the diets of different groups of animals, including humans. -Herbivore, Omnivore, Carnivore
rib cage	It is made up of curved bones. The rib cage is found in the chest area. It protects a person's internal organs from damage.		
tendon	Muscles are attached to the bone by tendons and work in pairs to allow for smooth movement.		
spine	Also known as your backbone, your spine is a strong, flexible column of ring-like bones that runs from your skull to your pelvis.		