

## Unit Title: Unit 1 - Our Working Bodies

### What should I know?

- A habitat is a home of a variety of plants and animals.
- Understand that living things depend on each other e.g. plants serve as a source of food and shelter for animals.
- Understand what things were living, dead or never alive.
- Begin to understand and construct different food chains
- Understand what a food source is.
- The parts of the human body and what they do
- There are 5 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.

### What should I know by the end of the unit?

- Living things need food 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.
- The three jobs played by the skeleton and the different types of skeletons that there are.
- What the role of an endoskeleton is.
- Some of the names for the main joints and bones in the human body.

### Key Knowledge

#### What are the different types of skeleton?

Vertebrates are animals that have a backbone. These skeletons are called endoskeletons. This happens when the skeletons are on the inside of the bodies. These skeletons grow with the bodies.

When the skeleton exists on the outside of 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 has to be grown.

#### What role does an endoskeleton play?

Skeletons do three important jobs:

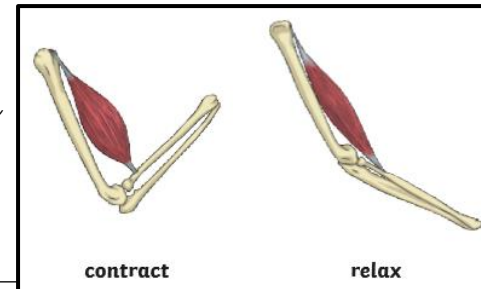
- 1) Protect organs inside the body
- 2) Allow movement
- 3) Support the body and stop it from falling on the floor.

#### How does our body move?

Joints are where bones meet and they allow our bodies to move. Muscles contract and relax. Muscles are connected to bones by tendons.

#### How do muscles work?

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



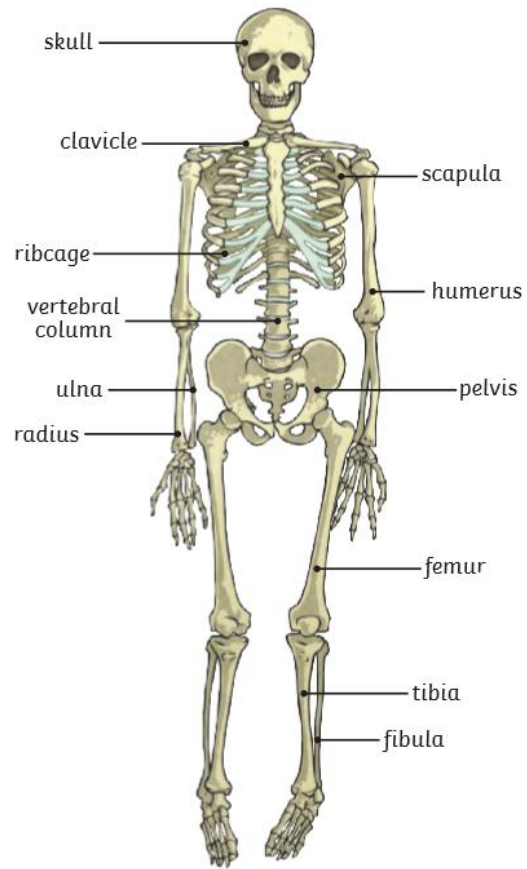
### Key Vocabulary

Vertebrate  
Invertebrate  
Muscles  
Tendons  
Joints  
Contract  
Relax  
Healthy  
Nutrients  
Energy  
Saturated fats  
Unsaturated fats  
Organs  
Endoskeleton  
Exoskeleton

- An understanding of how a human and animal body moves.
- The different types of nutrients and the role that they play.

### Making Links - Remember when you....

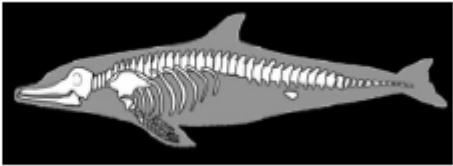
- Identified the importance of exercise and eating the right types of food for humans.
- Identified the basic needs for humans and animals to survive last year in the **Land of Ice and Snow unit**.



The Human Skeleton

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

Different food types



Endoskeleton



Exoskeleton