

Knowledge Organiser



Skeletons and muscles



Sticky knowledge

Science:

- That humans cannot make their own food. They get their nutrition from what they eat.
- That humans have skeletons and muscles for support, protection and movement.
- Know that the body parts have special functions.
- Know the names of the body parts associated with skeleton and muscles.
- Compare the diets of different groups of animals, including humans.
- Know what a healthy meal looks like.

Interesting facts:

- The spine is made up of 33 bones and the smallest bone is found in our ear.
- Muscles make up 40% of our total body weight and the smallest muscle is found in our ears.
- When we are born we have about 300 bones in our body by the time we are adults we have 206 because some bones have fused together.
- When broken, our bones will repair themselves. A cast or splint is used to make sure they grow back straight.
- The longest bone in the human body is the thigh bone called the femur.

Key Vocabulary



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.

Muscles - Muscles are attached to bones by tendons and help them to move. When a muscle contracts it gets shorter and pulls on the bone it is attached to.

Diet - Our bodies need a balanced diet to work properly. This involves drinking enough water and eating healthily.

Joint - Joints allow the body to make movements. The body has many bones and are connected through the joints.

Pelvis - The pelvis is a bony cradle-shaped structure located at the base of the spine.

Cartilage - Cartilage is a connective tissue found in many areas of the body including: Joints between bones e.g. the elbows, knees and ankle

Rib cage - it is made up of curved bones. The rib cage is found in the chest area. It protects 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.