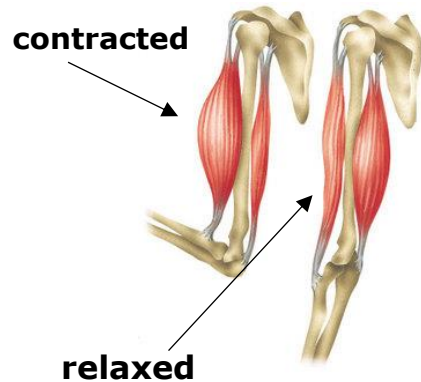


Muscles

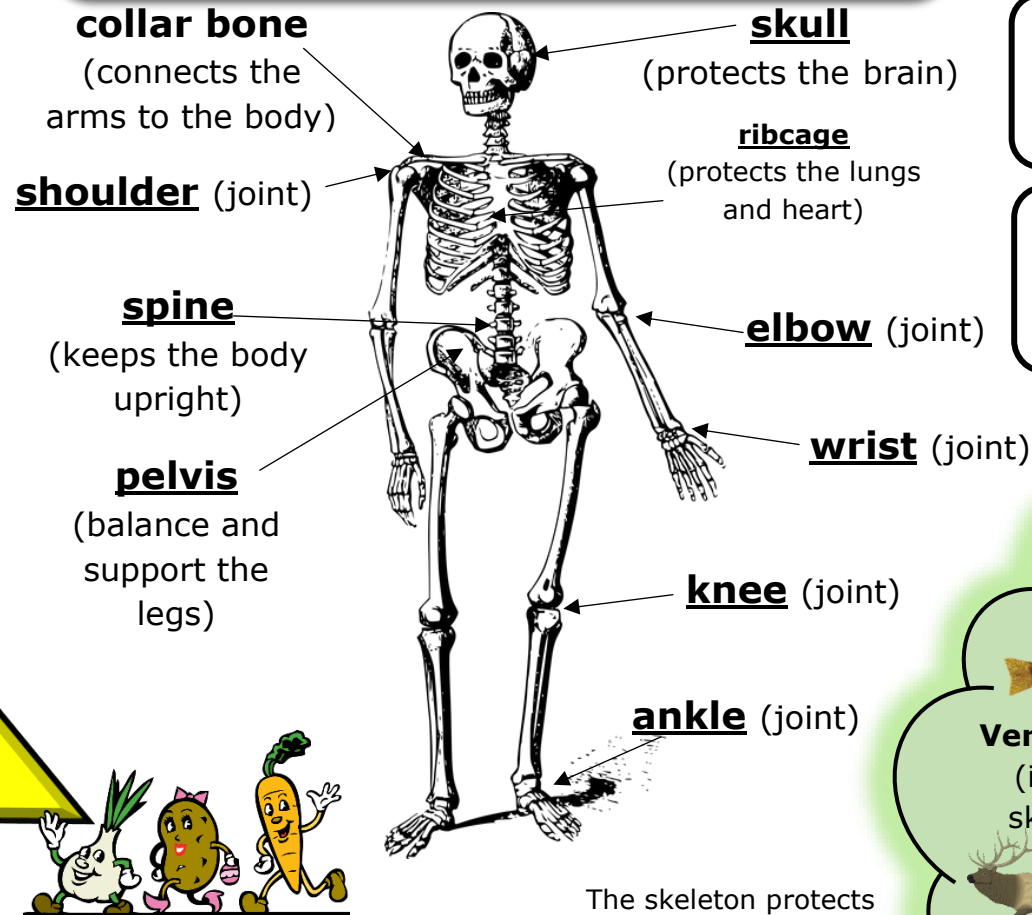
Skeletons move because bones are attached to muscles.

When a muscle **contracts** (bunches up), it gets shorter and so pulls up the bone it is attached to.

When a muscle **relaxes**, it goes back to its normal size.



Animals Including Humans



HERBIVORE

An animal that eats only plants
Eg rabbits, cows, giraffes, elephants

CARNIVORE

An animal that eats only meat
Eg lions, tigers, polar bears, sharks

OMNIVORE

An animal that eats plants and meat.
Eg bears, hedgehogs, mice, humans

HEALTHY EATING

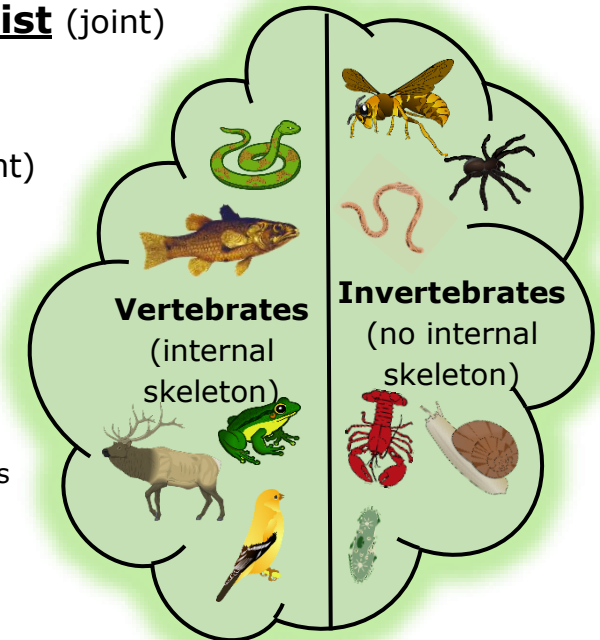
To keep your body fit and healthy you need a balanced diet using all of the food groups.

Carbohydrates – Main source of energy for our bodies (rice, potatoes, pasta and bread).

Protein – Repairs and builds muscles, organs and immunity (fish, meat, eggs and cheese).

Sugar and Fats – Stored for energy and creates a layer of fat to keep us warm. Should not have too much of these (chocolate, sweets, butter, oil, cream).

Vitamins and Minerals – Keeps us growing and fighting infections (fruit and vegetables).



The skeleton protects our internal organs, keeps us supported and helps us move.

Animals Including Humans - Useful links

BBC Bitesize

<https://www.bbc.co.uk/bitesize/topics/zrffr82/resources/1>

(Healthy eating)

<https://www.bbc.co.uk/bitesize/topics/z9339j6/resources/1>

(Skeletons and muscles)

Science Sparks

<https://www.science-sparks.com/category/key-stage-2-science/animals-including-humans/>

(Animals including humans)

<https://www.science-sparks.com/category/primary-science/key-stage-1-science/humans-and-health/>

(Humans and health)

The School Run (List of useful books here too)

<https://www.theschoolrun.com/learning-about-the-body-in-primary-school>

(Human body)

<https://www.theschoolrun.com/learning-about-animals-in-primary-school>

(Animals)

<https://www.theschoolrun.com/homework-help/bones-and-muscles>

(Bones and muscles)

Explorify

<https://explorify.wellcome.ac.uk/blog/explorify-at-home-human-body>