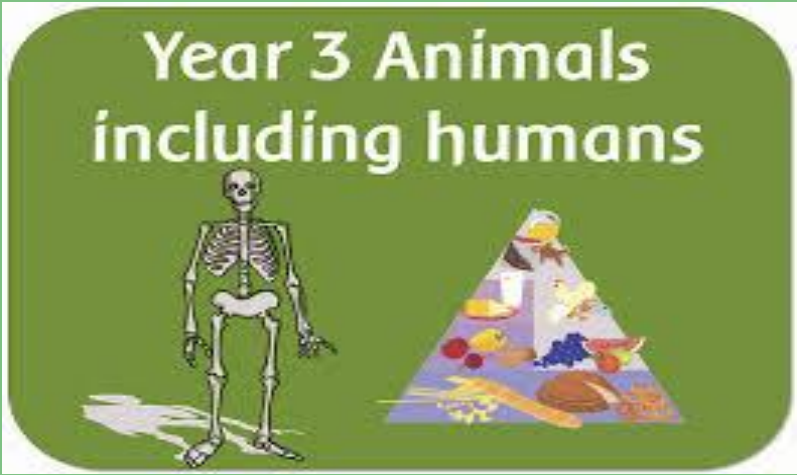


Big question: How can Usain Bolt move so quickly?

LQ1	Why do I need to eat a balanced diet? (food groups)
LQ2	Why do I need to eat a balanced diet? (balanced diet)
LQ3	How is nutrients transported round the body?
LQ4	What’s the job of my skeleton?
LQ5	Do all animals have a skeleton like mine?
LQ6	How do I make my skeleton move?
End product	Model of a muscle
Links to topic taught:	Yr 1- classifying animals, yr 2- survival, reproduction,
Links to past/future units	Yr 4- digestive system, Y5 life cycles of humans and plants, Yr 6- circulatory system
Cross curricular links	PHSE



Sticky knowledge

- To be healthy we need to eat a balanced diet.
- Carbohydrates give up energy.
- Proteins help muscles grow and build tissue.
- Vitamins and minerals keep us healthy and help our immune system.
- Dairy gives us protein and keeps bones and teeth strong.
- Our blood transports nutrients, water and oxygen around our bodies.
- Our skeletons keep us upright, protect our organs and allows us to move.
- Animals with skeletons on the inside are invertebrates.
- Skeletons on the outside are called exoskeletons.
- Muscles enable us to move our bones and work in pairs

Exciting Books



Key Vocabulary.

Pelvis, cartilage, rib cage, tendon, spine, nutrition, skeleton, muscle, endo skeleton, exoskeleton, Hydrostatic skeleton, support , protection, movement, femur, humerus, contract, Relax, bone marrow.