

Year 3 Blue Summer 1: Why Can't Victorians Street Dance?

Sticky Knowledge

Humans and some other animals have an internal skeleton made of bone. These animals all have a backbone (also known as the spine) made up of bones called vertebrae. These animals are therefore called vertebrates. Mammals, fish, birds and reptiles are all vertebrates

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. Doctors use casts or splints to make sure they grow back straight.

The longest bone in the human body is the thigh bone called the femur.

Bone marrow makes up 4% of a human body mass. It produces red blood cells which carry oxygen all over the body.

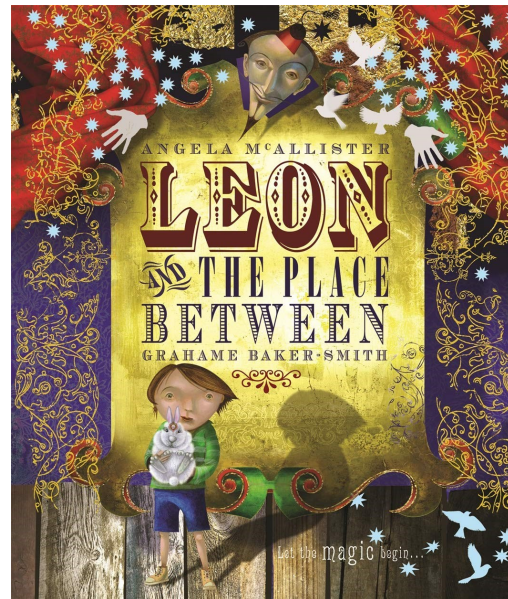
The spine is made up of 33 bones and the smallest bone is found in our ear.

The skeleton has three functions. It provides support (maintains the animal's shape), helps with movement and offers protection. The human skeleton (and that of most other vertebrates) contains a skull to protect the brain, ribs to protect the heart and lungs, and the spine to protect the spinal cord.

The bones in the skeleton are joined at joints. There are different types of joints which allow different degrees of movement. These include fixed joints (the bones of the skull allow very little or no movement), sliding joints (between the vertebrae), hinge joints (in the elbow and knee) and the ball and socket joint (the hip).



Key Text



Topic Vocabulary

nutrition

Nutrition involves drinking enough water and eating the right amount of items from the four main food groups.

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.

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 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.