

Key Learning

Year 3

Identify and describe simple features of human and other animal skeletons, and how muscles are used for support, protection and movement.

Describe in simple terms the changes that take place as animals grow.

Identify that animals including humans need the right types and amount of nutrition and that they cannot make their own food, that they need nutrition from what they eat.

Year 4

Name and describe key features of the human body, including organs, skeleton and muscles.

Talk in simple terms about how animals grow.

ROSES Year 3/4 Science: ANIMALS inc HUMANS AUTUMN 2nd half 2025



Morda CE Primary School

Key Knowledge

- Living things need food to grow and 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.
- Animals, including humans, need food, water and air to stay alive.

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

Key Scientific Vocabulary

| Key Vocabulary | |
|-------------------------|--|
| healthy | in a good physical and mental condition |
| nutrients | substances that living things need to stay alive and healthy |
| energy | strength to be able to move and grow |
| saturated fats | types of fats, considered to be less healthy, that should only be eaten in small amounts |
| unsaturated fats | fats that give you energy, vitamins and minerals |

| Key Vocabulary | |
|---------------------|--|
| vertebrate | animals with backbones |
| invertebrate | animals without backbones |
| muscles | soft tissues in the body that contract and relax to cause movement |
| tendons | cords that join muscles to bones |
| joints | areas where two or more bones are fitted together |

Enquiry types

Identify that they cannot make their own food; they get nutrition from what they eat.

Identify that animals, including humans, need the right types of nutrition.

Identify that humans and some other animals have skeletons by investigating skeleton types.

Identify the different parts of a human skeleton.

Plan and investigate how bones change as an animal gets older.

To see patterns between age and size of bones.

Record findings in a table.

Examine results and draw, then write a conclusion of findings.

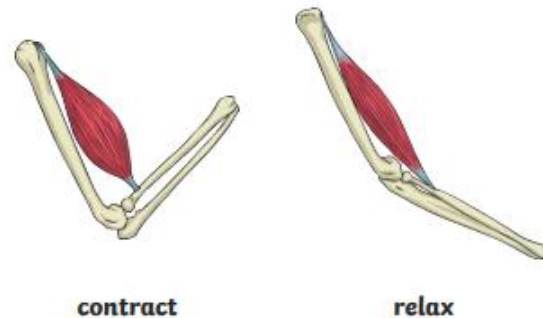
Identify that humans and some other animals have skeletons for support, protection and movement.

Research how humans and some other animals have muscles for movement by examining how muscles work.

Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

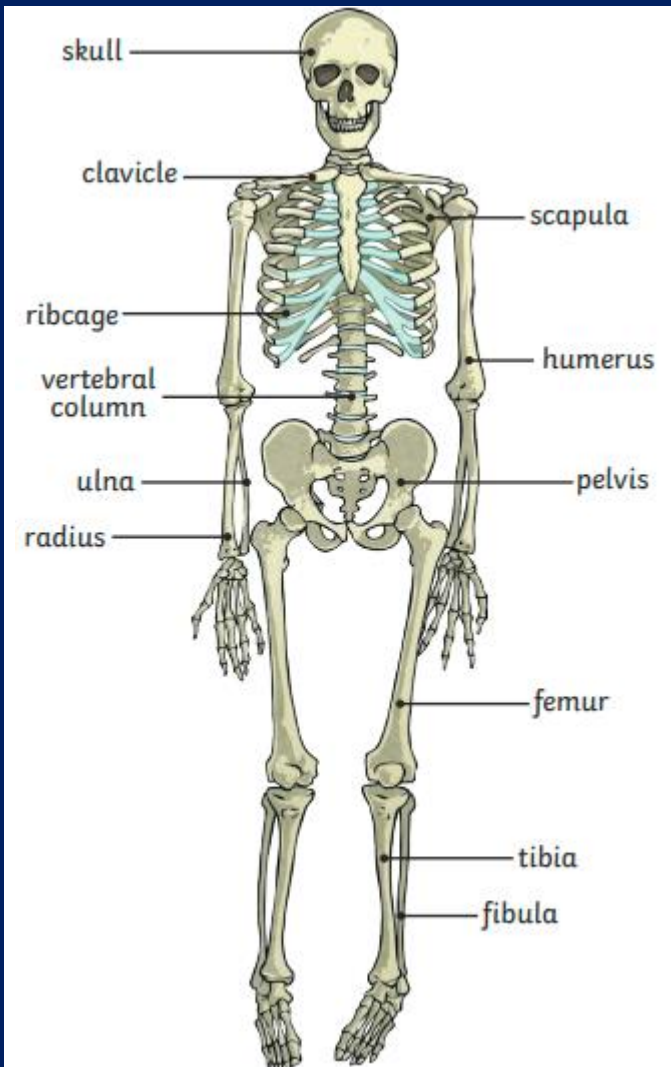
Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



vertebrate
↓
endoskeleton



invertebrate
↓
exoskeleton ↓
hydrostatic skeleton



Common Misconceptions

Some children may think:

That certain whole food groups like fats are 'bad' for you.

That certain specific foods, like cheese are also 'bad' for you.

That diet and fruit drinks are 'good' for you.

That snakes are similar to worms, so they must also be invertebrates.

That invertebrates have no form of skeleton.