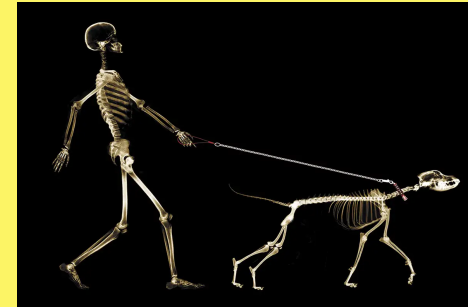
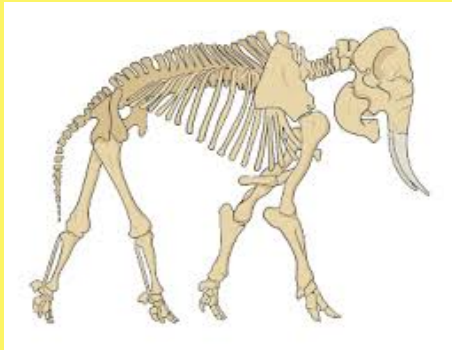




This term our topic for Science is

SKELETONS!



This term we will:

- *identify that animals, including humans, need the right types and amount of nutrition. I can identify that they cannot make their own food and that they get nutrition from what they eat.*
- *identify that humans and some other animals have skeletons and muscles for support, protection and movement.*

WALT identify muscles and know how they are used.

Muscles are the things that allow our body to move.

Muscles are attached to the bones in our body.

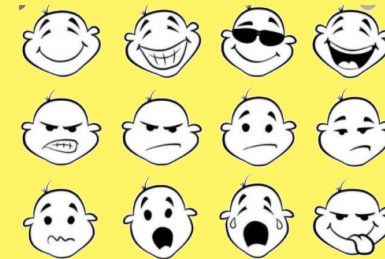
They pull so that we can move.

Let's look at moving our arm.



Feel the muscles working around our humerus as we move and bend our arm.

Let's make different facial expressions.



What do the muscles in our face feel like?

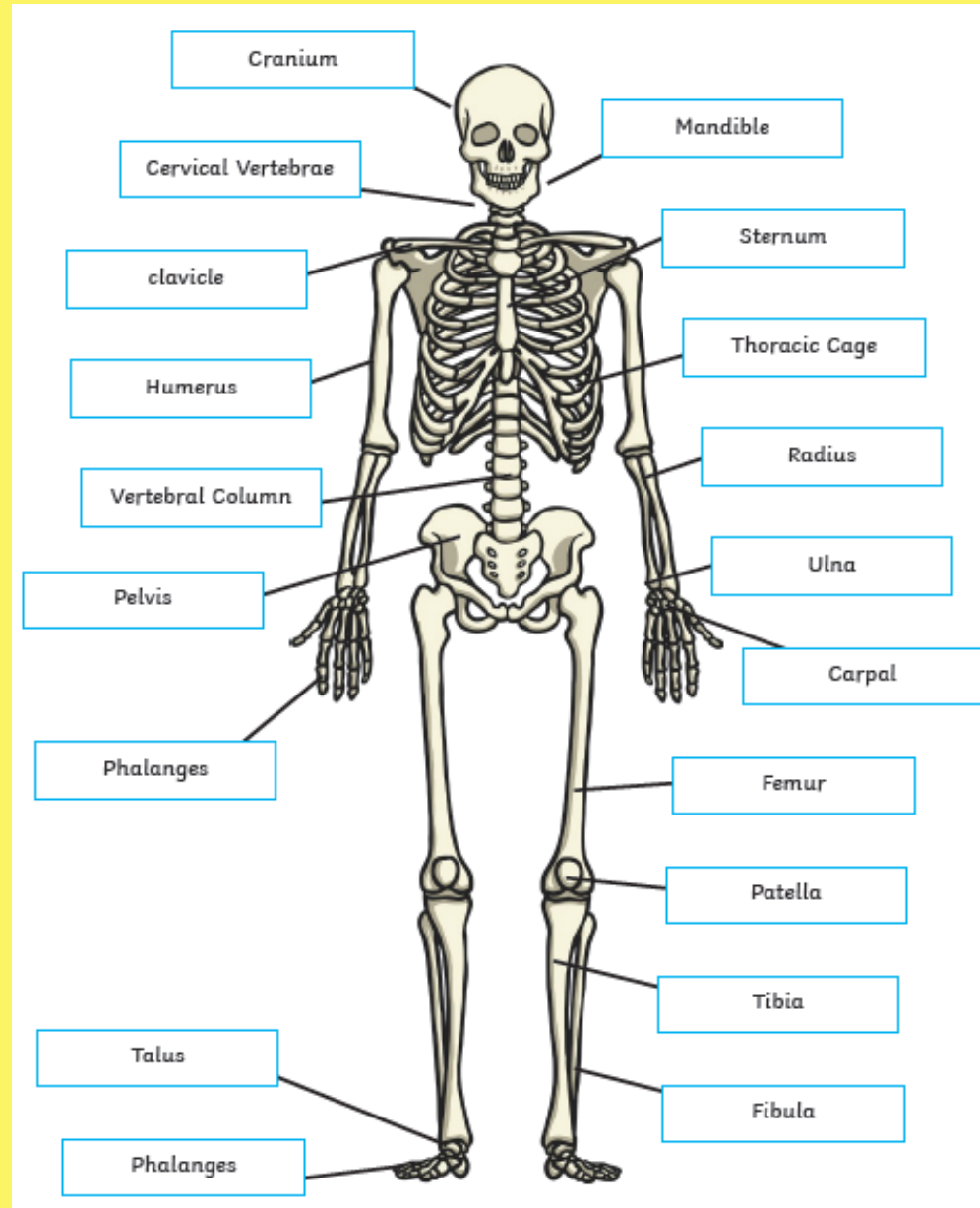
<http://www.bbc.co.uk/education/clips/ztt4p39>



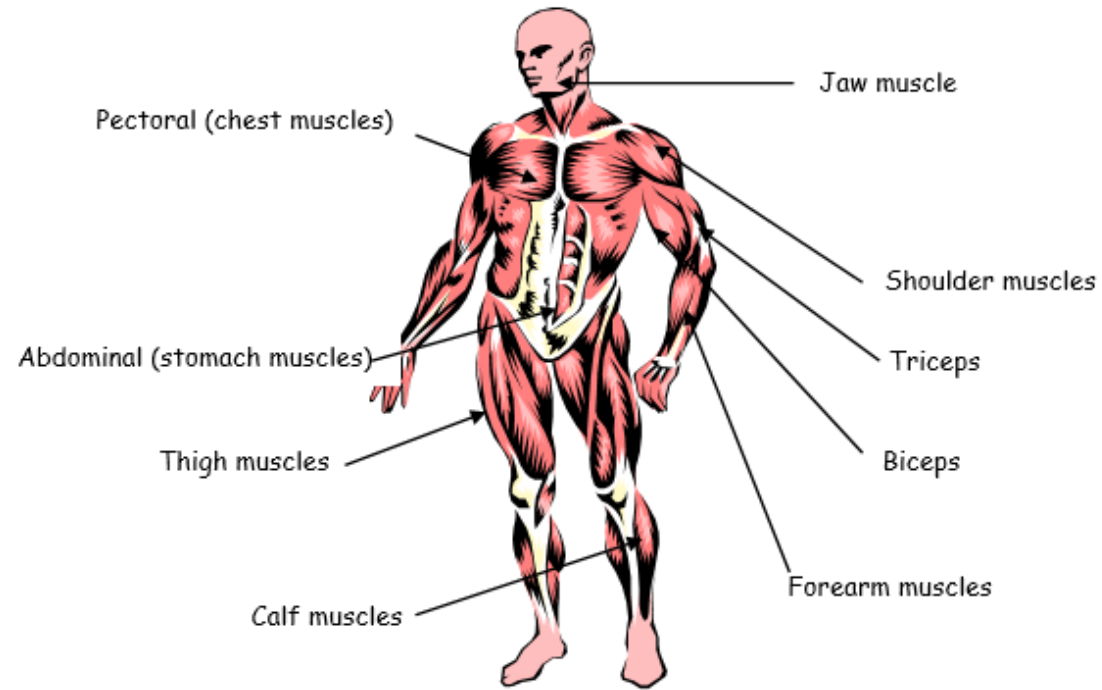
When muscles contract (shorten) they allow us to move.

When any part of our body moves, muscles are in action!

Muscles act in antagonistic pairs and can only pull; they cannot push. Often many muscles work together to have a single effect.

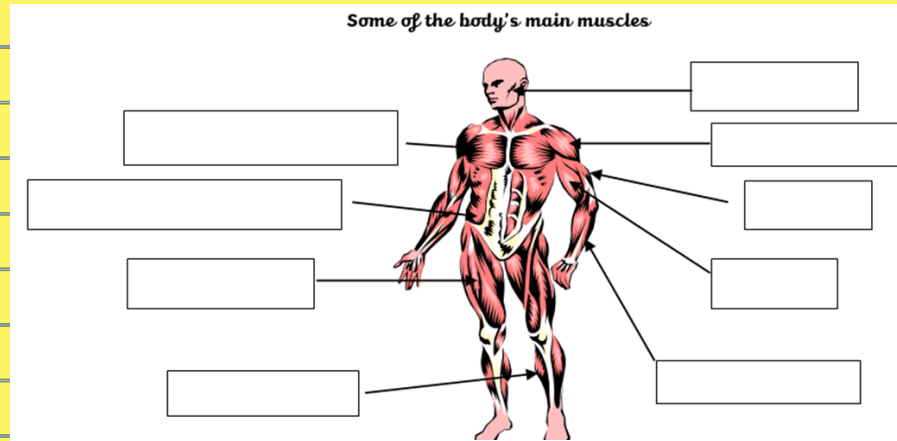


WALT identify muscles used in a range of activities



DATE

WALT identify muscles used in a range of activities



EXERCISE/ACTIVITY	MUSCLES USED
Walking up stairs	
Drinking	
Washing the dishes	
Vacuum cleaning	
Brushing your teeth	
Flushing the toilet	
Getting out of bed	
Opening a door	

When you have finished your sheet, answer these questions underneath in full sentences.

What happens to a muscle when it contracts?


When a muscle contracts it ...


What are all of our muscles attached to?

All of our muscles are attached to ...

Explain two ways by which we can keep our muscles strong and healthy.

We can keep our muscles strong and healthy ...

 <https://www.youtube.com/watch?app=desktop&v=pTqTW46KqDs>

 <https://www.bbc.co.uk/bitesize/clips/zpp6n39>