

# Year 3: How can Usain Bolt move so quickly?

- Sci1 Can I explain that animals including humans need nutrients from what they eat?
- Sci2 Can I explain what a healthy meal looks like?
- Sci3 Can I explain the purpose of different types of skeletons?
- Sci4
- Sci5 Can I explain the functions of the human skeleton and muscles? (support, protection, movement)
- Sci6 Can I explain how the arm joint works?
- Sci7 Can I run 100m and explain how the body moves to do this?

## Hook for Learning:

- 100m race
- Skeleton models

## We learn the following vocabulary...

Body, human, diet, nutrition, skeleton, bone, joint, muscle, organ, protein, carbohydrate, vitamin, mineral, fibre, calcium, exercise, movement, energy, calorie, balanced, muscles, pelvis, cartilage, ribcage, tendon, spine

## Non-Negotiables

- Measure time in seconds using a stopwatch
- Create graphs to make comparisons

## We learn the following scientific knowledge and skills...

- Record observations in different ways (labelled diagrams, charts etc.)
- Describe what they have found using scientific words
- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- identify that humans and some other animals have skeletons and muscles for support, protection and movement
- Pupils might work scientifically by: identifying and grouping animals with and without skeletons and observing and comparing their movement; exploring ideas about what would happen if humans did not have skeletons. They might compare and contrast the diets of different animals (including their pets) and decide ways of grouping them according to what they eat. They might research different food groups and how they keep us healthy, and design meals based on what they find out.

## We learn the following computing knowledge and skills...

- Use a spreadsheet

## We learn the following writing knowledge and skills...

Use appropriate language to write a conversation between muscles and skeletons

## We learn the following mathematical knowledge and skills...

- Create graphs to make comparisons