Year 3

Mind, Muscles and Me

Summer

Animals including Humans

Animals, including humans, cannot make their own food. They get the nutrition they require to live through the foods they eat. It is important for humans to have a balanced diet, with foods from each food group.

Skeletons provide a structure for animals. Some bones also protect important organs and help us to move. Alongside a skeleton, animals have muscles. Tendons attach the muscles to the skeleton. Muscles are used for every movement.

Some animals don't have a backbone, we call these animals invertebrates. Animals who do have a backbone are known as vertebrates.

PHSCE

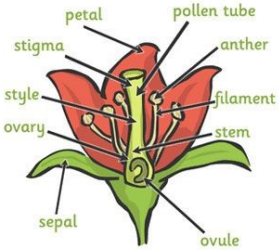
Physical activity and time outdoors are essential for our mental health as well as our physical health.

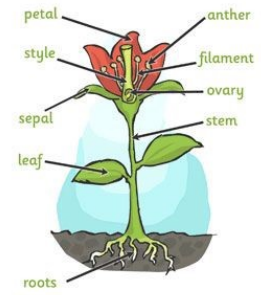
Mental health is all about our minds and keep them healthy. Being outside makes us feel happier and more positive. When we are physically active, our body releases chemicals which make us feel happy. If you feel unhappy and anxious, it is important to talk to an adult who can help you.

There are risks associated with having an inactive lifestyle. Your mood might change and your weight may increase.

It is important that we know how to make an informative and sensible call to 999. We learn how to do this so that we can do this if we find ourselves in this situation.

Simple first aid is an important life skill which we learn so that we can help people in an emergency.





Key Vocabulary

Skeleton	The frame of bones supporting a human or an animal.
Muscles	Soft tissue in the body that allows us to move.
Tendons	Tissue in the body connecting bone to muscle.
Vertebrate	An animal with a backbone.
Invertebrate	An animal without a backbone.
Nutrition	Food / substance needed to survive.
Nutrients	Substance needed to survive and for growth.
Food group	A collection of food that have similar nutritional properties.
Physical health	Physical health is linked to levels of fitness.
Mental health	Our personal wellbeing.
Transport	The movement of something from one place to another.
Pollination	The transfer of pollen from the male part of a plant to the female part of a plant.
Seed dispersal	How seeds get from their parent plant to a new place.

Plants

Plants have many different parts, which each have a specific function:

- Roots anchor the plant and absorb water and nutrients from the soil.
- The stem holds the plat up and carries water and nutrients to the leaves.
- The leaves make food for the plant using sunlight.
- The flowers make seeds grow into plants and the petals attract pollinators.

Plants need water, light, food and nutrients, air and space to be able to grow well. Different plants may need different amounts of these things.

Seeds can be dispersed in a variety of ways: water, dropping, carrying and wind. Seeds get spread to new places and a new plant will grow there.

The life cycle of a plant involves many stages: Pollination, fertilisation, seed dispersal, germination and growing. Each stage is important to the process.