

Science- Year 3

Spring 2- Amazing Bodies

In Science, I have learnt:

About the basic needs of humans for survival (food, water, air), and the need for warmth and shelter.
How I have changed since birth and I can name and describe the stages of the human life cycle.
It is important that humans have the right amounts of different types of food and take regular exercise.
To carry out a fair test, showing that:

- I understand what is changing/ staying the same
- I can make predictions and say why I think this.
- I can draw conclusions using evidence e.g. saying how much water is absorbed by different rocks.

Essential, healthy diet, dairy, fruits, vegetables, meat, fish, beans, fat, sugar, physical activity.

I can talk about how 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.

I understand that humans and some other animals have skeletons and muscles for support, protection and movement.

Working Scientifically

I can use what I know about the eat well plate to design my own healthy breakfast and lunch. I can say why I have chosen each food.

I can predict what foods would be best for Sarah to eat and can explain why I think this using my knowledge of Sarah.

I can predict what different animals each skeleton belongs to and say why I think this.

I can identify similarities and differences between skeletons.

I can write my own questions about skeletons that I wish to discover the answers to.

I can carry out a fair test to find out whether people with longer legs jump further.

- I understand what is changing/ staying the same
- I can use a meter stick to measure the distance jumped.
- I can use my results to draw a conclusion.

Scientific enquiry type:

Grouping and classifying

Carrying out a fair test

Finding things out using secondary sources of information

New Science words:

balanced diet, nutrition, nutrients, **carbohydrates**, **protein**, roughage, **fibre**, **skeleton**, bones, protect, support, move, muscles, tendons, joints, ribs, heart, skull, brain, backbone, **spine**, spinal column, **vertebrate**, **invertebrate**, **vitamins**, **minerals**, classify, measure, pattern, evidence, draw conclusions.

