



NC OBJECTIVES	KEY KNOWLEDGE AND VOCABULARY
<ul style="list-style-type: none"> <li>• identify that humans need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat</li> <li>• Identify that humans have a skeleton and muscles for support, protection and movement.</li> <li>• learn about the importance of nutrition</li> <li>• introduced to the main body parts associated with the skeleton and muscles</li> </ul> <p><u>Working Scientifically</u></p> <ul style="list-style-type: none"> <li>• asking relevant questions and using different types of scientific enquiries to answer them</li> <li>• setting up simple practical enquiries, comparative and fair tests</li> <li>• making systematic and careful observations and, where appropriate, taking accurate measurements using standard units, using a range of equipment, including thermometers and data loggers</li> <li>• gathering, recording, classifying and presenting data in a variety of ways to help in answering questions</li> <li>• recording findings using simple scientific language, drawings, labelled diagrams, keys, bar charts, and tables</li> <li>• reporting on findings from enquiries, including oral and written explanations, displays or presentations of results and conclusions</li> <li>• using results to draw simple conclusions, make predictions for new values, suggest improvements and raise further questions</li> <li>• identifying differences, similarities or changes related to simple scientific ideas and processes</li> <li>• using straightforward scientific evidence to answer questions or to support their findings.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that <b>humans</b> get the <b>nutrition</b> they need from what they eat</li> <li>• Know about the need for a <b>varied diet</b> in order to get the right nutrition</li> <li>• Know which <b>food groups</b> different food belongs to</li> <li>• Know that a <b>balanced diet</b> is needed in order to stay <b>healthy</b></li> <li>• Know about the need for a varied, balanced diet by looking at <b>food pyramids</b></li> <li>• Name some examples of <b>healthy meals</b></li> <li>• Know that people with <b>dietary restrictions</b> can still have a balanced diet</li> <li>• Know which foods different animals eat</li> <li>• Know the difference between a <b>herbivore, carnivore and omnivore</b></li> <li>• Know that humans are omnivores</li> <li>• Know that humans have a <b>skeleton</b></li> <li>• Know that the skeleton is for <b>movement and protection</b></li> <li>• Know that the skull protects the brain and the ribs protect the heart and lungs</li> <li>• Know that humans are <b>vertebrates</b> because they have a skeleton</li> <li>• Know how to locate the <b>skull, lower jaw, neck bones, shoulder blade, breast bone, ribs, upper arm bone, elbow bone, forearm bone, wrist, finger bones, backbone (spine), hips, thigh bone, kneecap, shin bone, calf bone, ankle bone, foot bones</b></li> <li>• Know what <b>muscles</b> are</li> <li>• Know that <b>skeletal muscles</b> help us to move</li> <li>• Know that muscles work in <b>pairs</b></li> <li>• Know that to move the arm, one muscle pulls up your arm and the other muscle pulls your arm down</li> </ul>