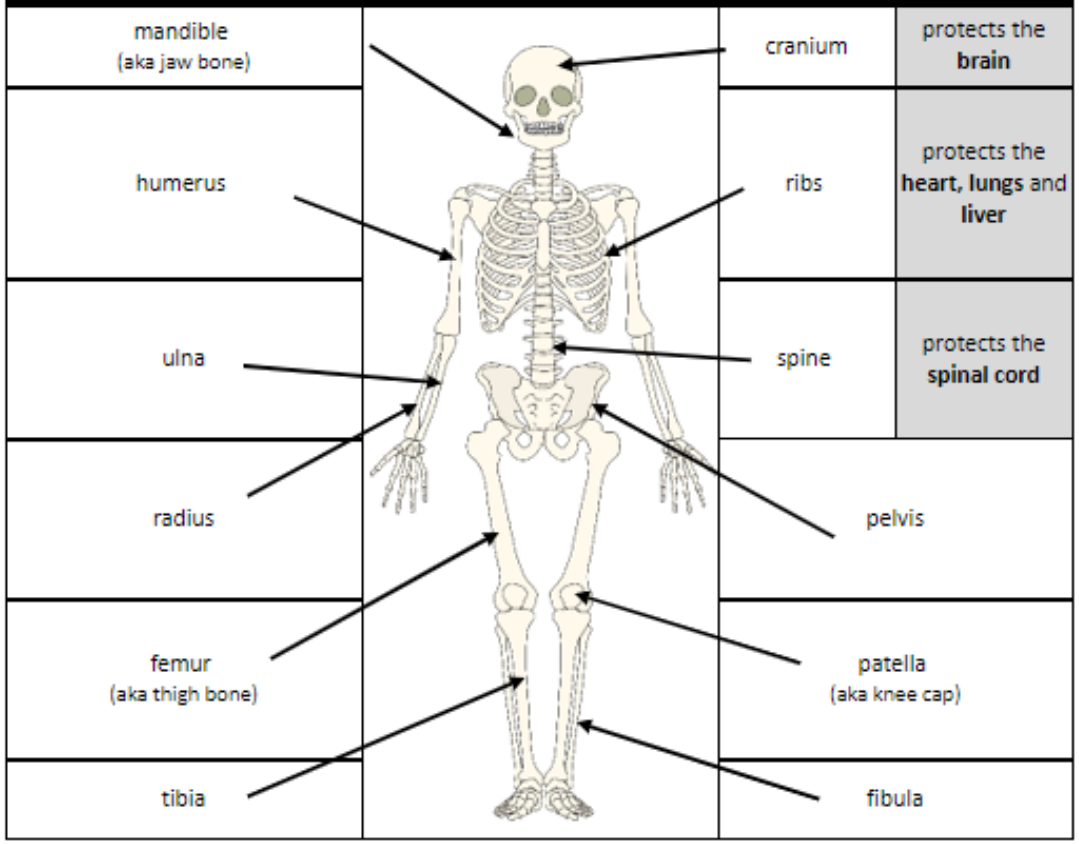
Knowledge Organiser Year 3 Animals Including Humans

Types of Skeleton		
endoskeleton	skeletons inside the body made from bones	e.g. fish, mammals, birds, amphibians, reptiles
exoskeleton	skeletal system on the outside of the body, made of hard plates	e.g Insects, crustaceans
hydrostatic skeleton	uses surrounding water to keep soft bodies in shape	e.g. jelly fish, earthworm

Nutrition		
Food group	**Function**	**Example**
carbohydrate	provides energy	pasta, rice, bread, cereals
protein	Needed for **growth** and repair	meat, eggs, nuts
fibre	helps body to **digest** food	bread, potatoes, some fruits
vitamins and minerals	keep the body healthy	fruit, vegetables
fats	provides energy	oil, butter

Muscles	
muscle	animal tissue that produces movement by pulling on bones → gives control to the body
tendon	attaches muscle and bones
voluntary	muscles you can control e.g. **bicep**
involuntary	muscles you cannot control e.g. **cardiac**

Functions of a skeleton		
Skeleton	system of bones and connecting **tissues**	
supports your body	allows movement	protect organs

Names of Bones