

Year 3 Science

WB: 05/10/2020– Amazing bodies

We are learning...

L.O. Understand how muscles help us move

Success Criteria:

I can complete an exercise correctly following the instructions.

I can identify where in my body the muscle is that is working.

I can label and name the muscle on a diagram.

Can you name the parts of my body?

RECAP

Foot bones

Pelvis

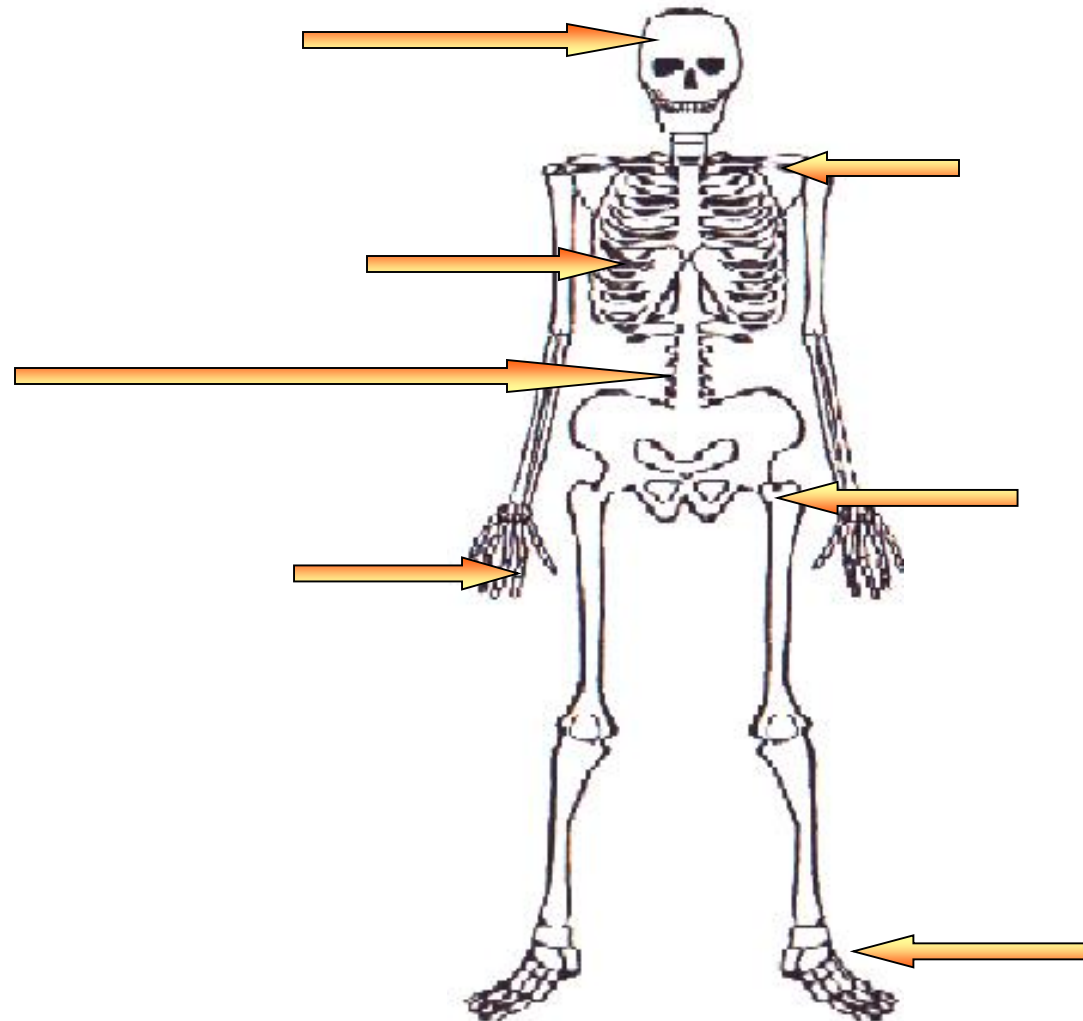
Scapula

Ribcage

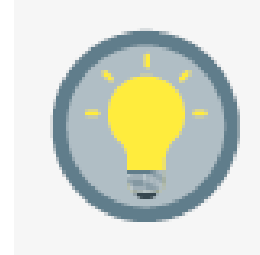
Hand bones

Skull

Spine



Let's activate our learning!



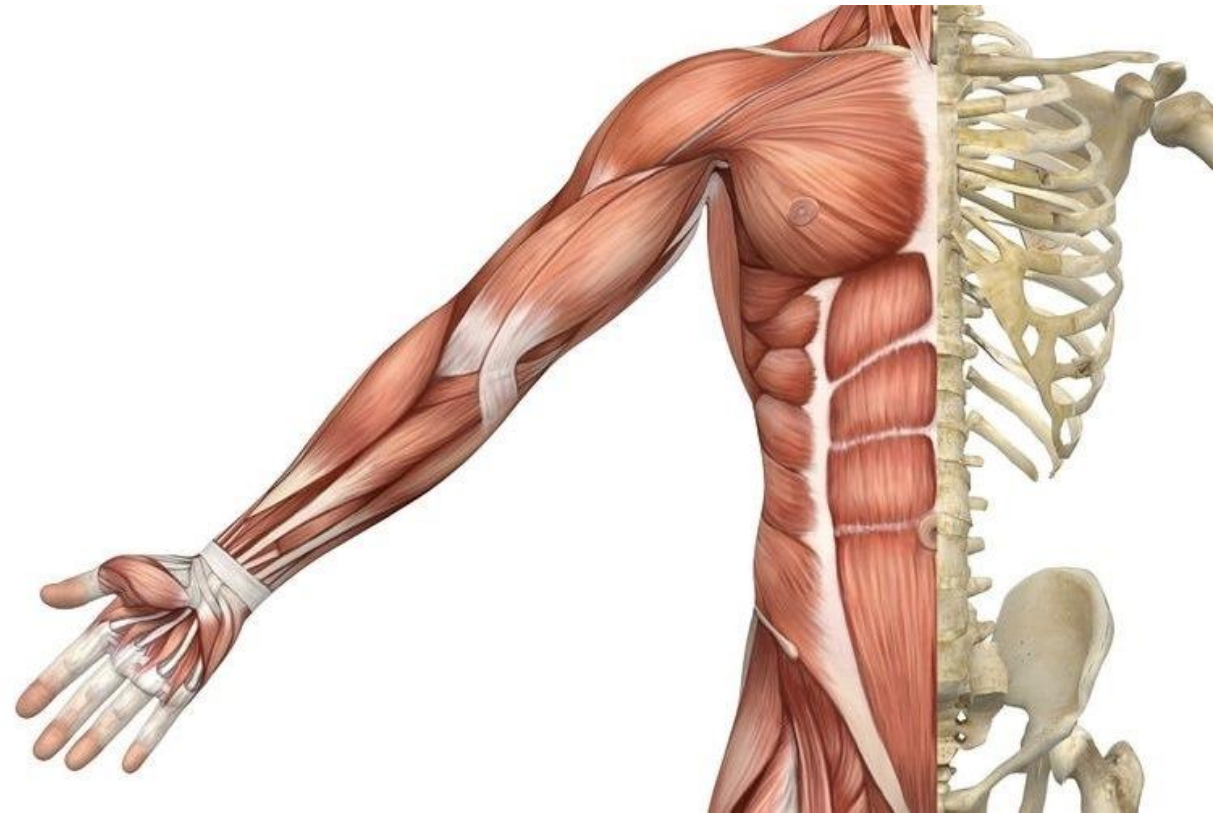
<https://www.bbc.co.uk/bitesize/topics/z9339j6/articles/zpbxb82>

Watch this video and write everything you remember about it



How many muscles do you have in your body?

Over 600!



Muscles are responsible for every movement an animal makes.



Lifting heavy things



Smiling



Running



Jumping



Even breathing!



Muscles are also responsible for holding your posture (your body's position when you are sitting or standing).

Good posture when sitting or standing is a nice straight back with your tummy pulled in.



Everyday tasks like driving a car and working at a computer can lead to bad posture, muscle pain and even headaches.

A chair with more back support and a screen at the right height can really help.



Stand up and check on your posture with a partner. Remember straight back, head up, tummy in!



When you exercise or train in a sport you often use the same muscles again and again which can make them ache after a while. You may have felt this beginning to happen when you did the water bottle exercise!



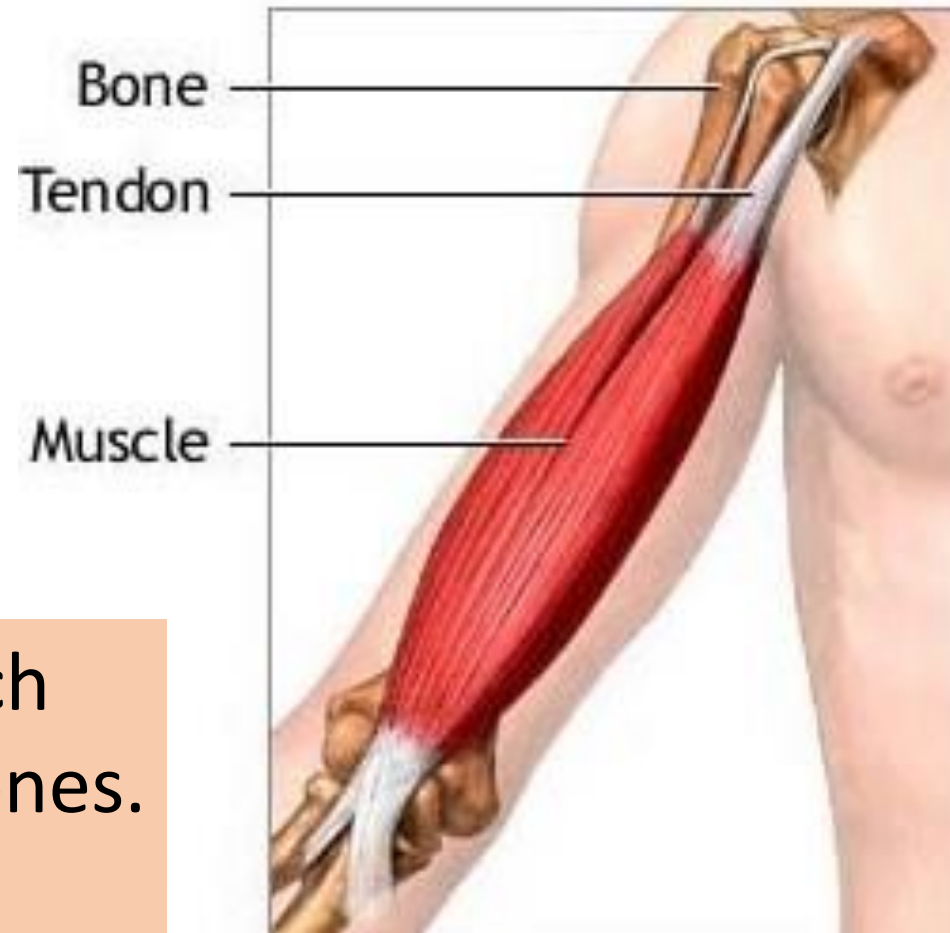
Muscles need to be warmed up before exercise with gentle stretches. This prepares the muscles for activity and prevents injury to muscles and joints.

Do you always warm up before exercise?

Muscles are made of strong stretchy tissue that can contract and relax

Tendons attach muscles to bones.

What are these muscles called?



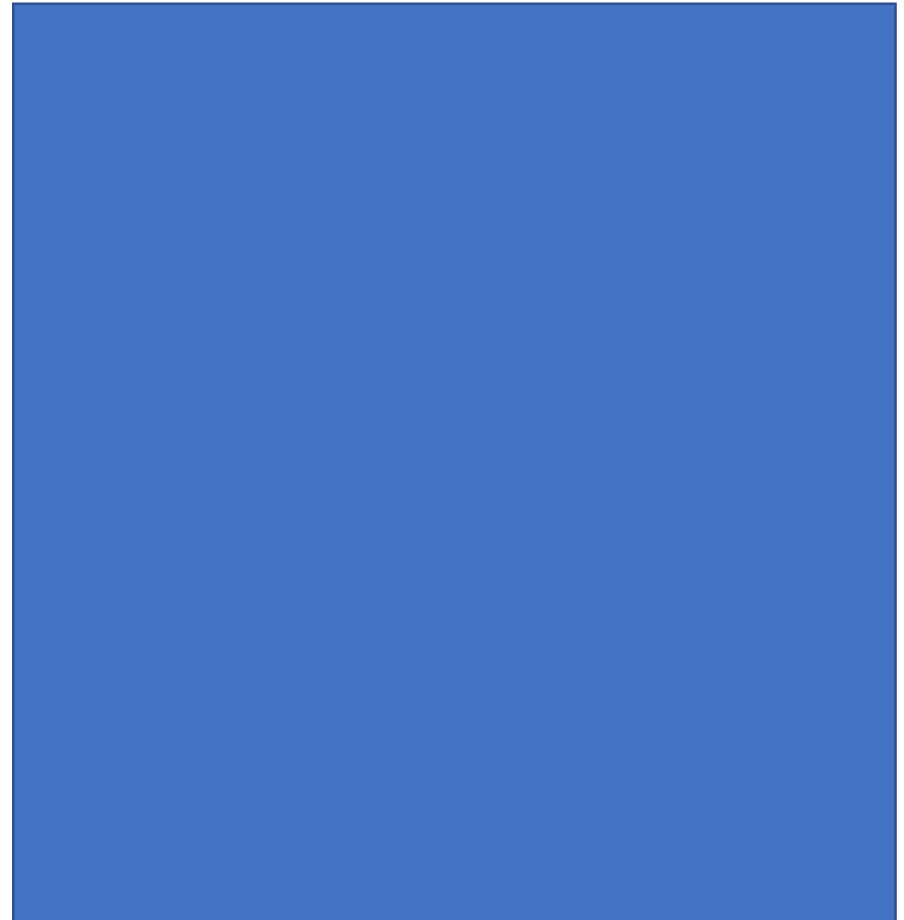
The biceps and triceps

MUSCLES

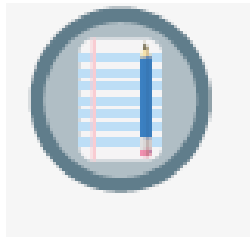
What attaches the muscles to the bones?

How does the muscle make the leg move?

How is the leg able to bend?



TASK 1



We are going to explore the muscles in your bodies further.

We are going to carry out simple exercises to help you to feel the different muscles in your bodies working.

1 BICEPS

Sit down on a bench.

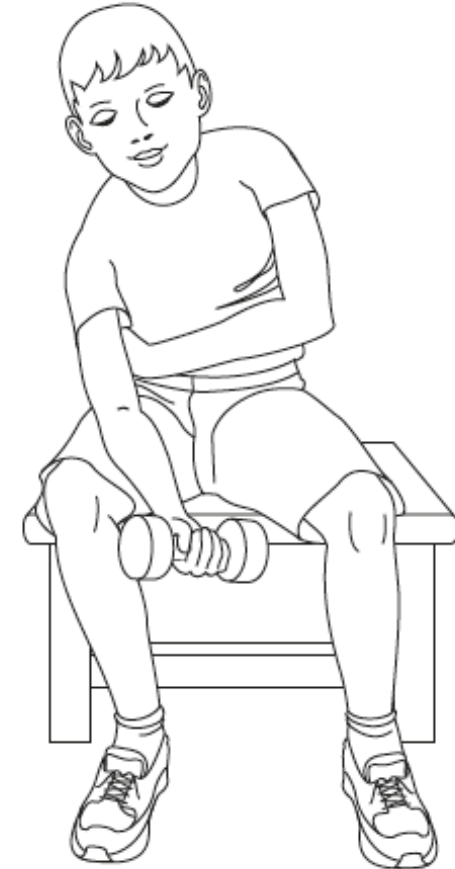
Hold a small weight in your right hand.

Lean forward slightly and rest your right elbow on your right knee.

Stretch your right arm out fully.

Now slowly bend your arm up, then return to the starting position fully stretching out your arm.

Repeat this several times, swapping arms.



Task 2

WHERE DID YOU FEEL IT?

As you complete each station of the circuit training, mark where you felt the muscle working and label it with the correct activity number.

