

Year 3 - Healthy Humans

Knowing More and Remembering More at St Joseph's

Lead Subjects: Art and design, Design and Technology, Music

Art Key Questions

1. What happens when you press harder with your pencil? How does it change the darkness of the line.
2. How can you use different grades of pencils (e.g., 2B, 6B) to make your drawing darker or lighter?
3. Can you mix colours to create the exact shade of a fruit or vegetable? Which colours would you mix to get the colour of a tomato?
4. Who is Claes Oldenburg and what kind of art does he create?
5. What food would you like to design as a sculpture? How will it look?

Key Vocabulary

Primary Colours - The three basic colours (red, yellow, blue) that can be mixed to create other colours.

Secondary Colours - Colours made by mixing two primary colours (e.g., green, orange, purple)

Sculpture - A three-dimensional piece of art made by shaping or combining materials.

Design - The process of planning or creating something, such as a drawing or model.

Sketch - A quick, rough drawing that shows the basic shape or idea.



Music Key Questions

1. What is an "echo" in music?
2. How can you imitate a melody pattern after hearing it?
3. What does "tempo" mean in music?
4. What is the difference between a crotchet, a minim, and a quaver?

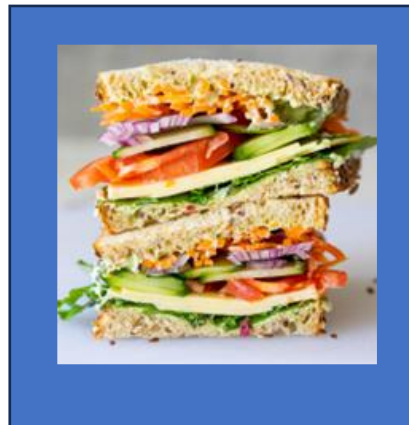
Key Vocabulary

Melody - A sequence of musical notes that are perceived as a single entity or tune.

Rhythm - The pattern of beats or time in music, made up of different note lengths.

Echo - A repeating sound, where one person or instrument plays or sings a pattern and another repeats it.

Tempo - The speed or pace of the music, whether it is fast, slow, or moderate.



Design Technology Key Questions

1. How can we make sure our sandwich meets the needs of the user?
2. What ingredients will be best for the sandwich?
3. What different ways can we make the sandwich healthy and tasty?
4. What are the safety rules we need to follow when preparing the sandwich?
5. What steps do we need to take to make our sandwich from start to finish?
6. What went well with your sandwich? What could have gone better?

Key Vocabulary

Design: The plan or blueprint for how something will look or function.

User: The person who will use or eat the sandwich.

Healthy: Food that provides good nutrition for the body (e.g., balanced, rich in vitamins and minerals)

Balanced Diet: A variety of foods that give the body the nutrients it needs.

Nutrient: A substance that provides nourishment, such as protein, carbohydrates, vitamins, and minerals.

Assembly: The process of putting the sandwich together by layering the ingredients.

Evaluate: To assess the quality or effectiveness of something.

Reflection: Thinking about what went well or could be improved in the design process.

Animals including humans

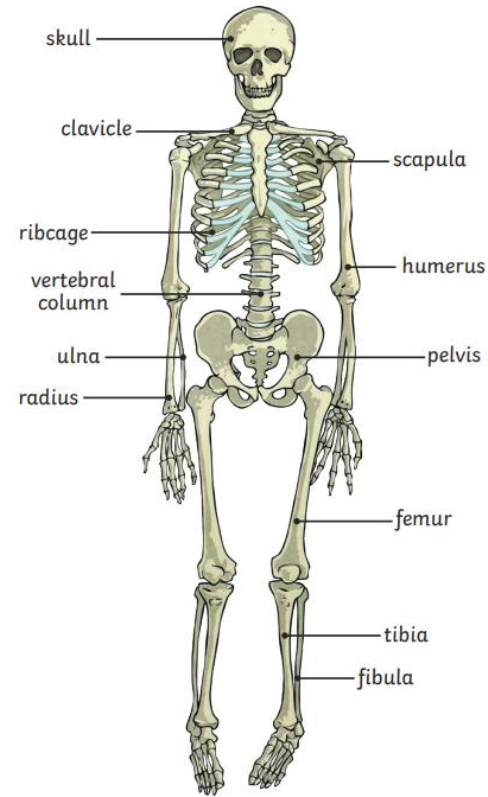
Science Key Questions

1. What do all humans need to stay alive and grow?
2. Why is it important for humans and animals to eat a balanced diet?
3. What are the differences between vertebrates and invertebrates?
4. What are the main parts of the human body, and what do they do?
5. Name an animal with an exoskeleton.
6. What type of skeleton does a human have?

Key Vocabulary

Key Vocabulary	
healthy	in a good physical and mental condition
nutrients	substances that animals need to stay alive and healthy
energy	strength to be able to move and grow
saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts
unsaturated fats	fats that give you energy, vitamins and minerals

Key Vocabulary	
vertebrate	animals with backbones
invertebrate	animals without backbones
muscles	soft tissues in the body that contract and relax to cause movement
tendons	cords that join muscles to bones
joints	areas where two or more bones are fitted together



Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).

contract **relax**

vertebrate
↓
endoskeleton

invertebrate

exoskeleton hydrostatic skeleton