

Knowledge Organiser- Human Body (Science Year Two)

| Key Vocabulary | Definition |
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| Skeleton | The bones that make up the human body |
| Joint | The place where two bones come together |
| Muscles | Muscles move the different parts of our body by contracting and relaxing |
| Digest | The process where the food we eat gets broken down |
| Red blood cell | Vehicles that carry oxygen around the body |
| Arteries | A tube that blood cells travel through around the body from the heart |
| Veins | A tube that carries blood cells back to the heart |
| Nerves | A bundle of fibres that carry important messages to the brain |
| Germs | Tiny living things that cause illness |
| Edward Jenner | Scientist who invented a vaccination against smallpox |
| Louis Pasteur | Scientist who discovered that heating liquids killed the germs within |

| Ways to keep healthy | Reason |
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| Exercise | Exercise keeps our muscles and bones strong. It also makes us feel happy. |
| Eating healthy foods | Our bodies take nutrients from our food that help us to grow and stay well. |
| Resting | Rest helps our bodies to recover and rebuild. |
| Keeping clean | Good hygiene prevents germs from spreading. |
| Medicines | If we are ill, sometimes medicines can make us better. |

| Skeletal system | Circulatory system | Digestive system | Nervous system | Muscular system |
|-----------------|--------------------|------------------|----------------|---|
| | | | | <ul style="list-style-type: none"> • Triceps – straighten arm • Biceps – bend arm • Thigh muscles – help to move your leg |