



# Y3 Topic – Body Wise



## What if my bones were bendy?

Talk to someone about these questions:

- Have you ever felt a bone?
- Have you ever broken a bone?
- What words would you use to describe a bone?
- Could you walk if your bones were bendy?

You could write a story about the day you woke up and all your bones were bendy!

## Creating a skeleton

Use sticks or another material to make a skeleton of a human. Can you label some of the bones?



## Quiz

<https://www.bbc.co.uk/bitesize/clips/zmptsbk>

Use this link to find out some facts about bones. Then turn them into at least 5 questions to quiz your family and find out what they know!

## Research

Find out about muscles in a human body. How many are there? Why do we need them?

This clip is a good place to start.

<https://www.bbc.co.uk/bitesize/clips/zpp6n39>

How could you present what you've found out?

## Making muscles

Use the instruction sheet to make an arm to see how muscles work.

Or use the other instruction sheet to make a hand to see how tendons work.

The arm is less complicated than the hand ;) (both instructions will be added to Seesaw)

## Use your muscles

Create a workout with at least 10 different activities in it. You could get someone at home to try it or if you film it we can put it on the journal for everyone in the class to try. 😊

## Fruit and Vegetables

Find out something interesting about 5 different fruits or vegetables. For example, is a banana a fruit? Which part of a plant is lettuce? Draw around your hand and use each finger shape to present your interesting facts.

## A healthy balanced meal

Look at the 'eatwell plate' (a copy of this will be added to Seesaw). Can you make your own one using real food or by drawing the food.

*Check with a grown up before you start emptying all the cupboards!*

## Designing a meal

Design and make a healthy balanced meal. You could just create the menu or if your grown ups say it's ok you might help to make the actual meal!