

Knowledge Organiser- Human Body (Science Year Two)



Key Vocabulary	Definition
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
Germ	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
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