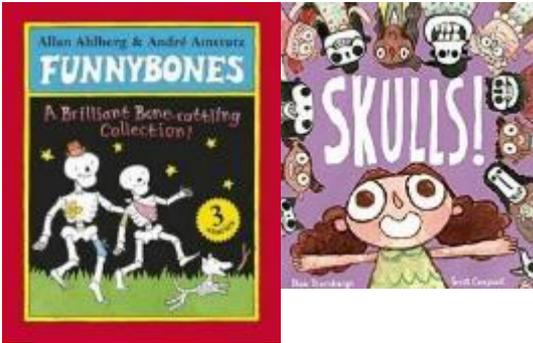


# My Body and Senses Knowledge Mat

| Subject Specific Vocabulary |   | Interesting Books   | Sticky Knowledge about our bodies   |
|-----------------------------|---|---|---|
| <b>skeleton</b>             | The human skeleton is made of bone and grows as we grow. Our skull protects our brain and our ribs protect our heart and lungs.   |   | <input type="checkbox"/> Our body has a skeleton which supports our body and allows it to move.                     |
| <b>muscles</b>              | Muscles are attached to bones by tendons and help them to move. When a muscle contracts it gets shorter and pulls on the bone it is attached to.  |   | <input type="checkbox"/> Our body has organs that help us think, breathe, pump blood and process food.              |
| <b>spine</b>                | Also known as your backbone, your spine is a strong, flexible column of ring-like bones that runs from your skull to your pelvis.   |   | <input type="checkbox"/> We need to look after our organs and skeleton to help us lead healthy and long lives.      |
| <b>senses</b>               | We have 5 senses that help us explore and find out about our world : sight, hearing, smell, taste and touch   | <b>Important facts to know by the end of the My Body and Senses:</b> <ul style="list-style-type: none"> <li>• <b>That humans have skeletons and muscles for support, protection and movement.</b></li> <li>• <b>Know the purpose of the heart, lungs, stomach and brain</b></li> <li>• <b>Know the names of simple body parts – spine, skull, lungs, heart, brain, stomach, knee, ankle, wrist, hip, elbow, jaw,</b></li> <li>• <b>Know that we have 5 senses – sight, hearing, smell, taste, touch</b></li> <li>• <b>That some people need help to sense their surroundings</b></li> </ul> | <input type="checkbox"/> Our eyes have a pupil, iris and a lens to help us see.                                     |
| <b>tongue</b>               | Our tongue has taste buds which help us taste food. Different parts of the tongue detect different tastes : sweet, sour, salty.   |   | <input type="checkbox"/> Our fingers have nerve endings which help us work out what we can feel                     |
| <b>nose</b>                 | Our nose has smell detectors within it to help us work out what we can smell. When we have a cold we sometimes get a blocked nose which stops us being able to smell our food for a while   |   | <input type="checkbox"/> Our ears detect sound waves and our brain interprets these to tell us what we are hearing. |
| <b>eyes</b>                 | We have two eyes which work together to help us see. The eye is made up of a pupil and an iris. The pupil is the black circle, the iris is the coloured section of our eyes. Some people need glasses to help their eyes work better. |   | <input type="checkbox"/> Our tongues have taste buds to help us detect what we are eating.                          |
| <b>ears</b>                 | Ears help us to hear sound. Sound travels in waves into our ears and our brain tells us what we hear. Some people need hearing aids to help them hear clearly.  |   | <input type="checkbox"/> Our nose contains smell receptors which help our brain work out what we can smell          |