

Major bones in our bodies include the skull, spine, ribs, pelvis and femurs.

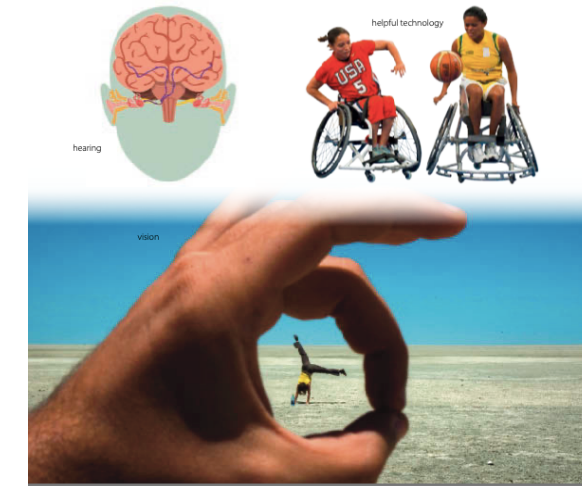
For healthy bones, eat dairy and calcium-rich vegetables, and get plenty of exercise.

Our five senses are hearing, sight, smell, touch and taste.

People see the world around them when their eyes interact with light.

An involuntary muscle is a muscle that you do not have to think about moving.

Voluntary muscles are those that you choose to use at a specific time in a specific way.



Human Senses and Movement Year 4

Hearing helps you detect objects that are in motion around you and to communicate.

Vision helps you locate and identify objects and determine movement.

Muscles connect to bones and to other muscles. They produce motion by contracting and relaxing.

Exercise helps keep muscles healthy. Regular fitness activities keep muscles flexible and strong.

A human body contains 206 bones. The bones make up the skeletal system. The skeleton gives the body its structure.

Nerves play a part in both senses and movement.

Core Vocabulary

hearing – the ability to sense vibration as sound

vibrate – to move back and forth very quickly

sound – vibration detected by the sense of hearing

vision – the ability to detect objects that reflect the light; the sense of sight

muscle – soft body tissue that contracts

bone – rigid body material that provides structure and protection

nerve – a fibre in the body that transmits impulses to and from the brain