

1

# Humans and animals

What learners will practise and reinforce

The activities in this Skills Builder unit give learners further practice in the following topics in the Learner’s Book and Activity Book:

Topic	In this topic, learners will:
1.1 Skeletons	identify animals with a skeleton and name parts of the human skeleton
1.2 The human skeleton	know that there are different types of bones in the human skeleton
1.3 Why do we need a skeleton?	see Challenge, Section 1.3
1.4 Skeletons and movement	show how muscles contract and relax to make us move
1.5 Drugs as medicines	see Challenge, Section 1.5
1.6 How medicines work	understand that medicines work by killing germs and identify safe ways to take medicines

Help your learner

In this unit, learners will practise collecting evidence in a variety of contexts (Section 1.6). To help them:

- 1 Show learners different medicines at home. Talk about what symptoms they treat and how to use them. This will help them to understand why, how and when we take medicines.
- 2 Make sure learners know they must never take medicine unless you or the doctor tell them to.

TEACHING TIP

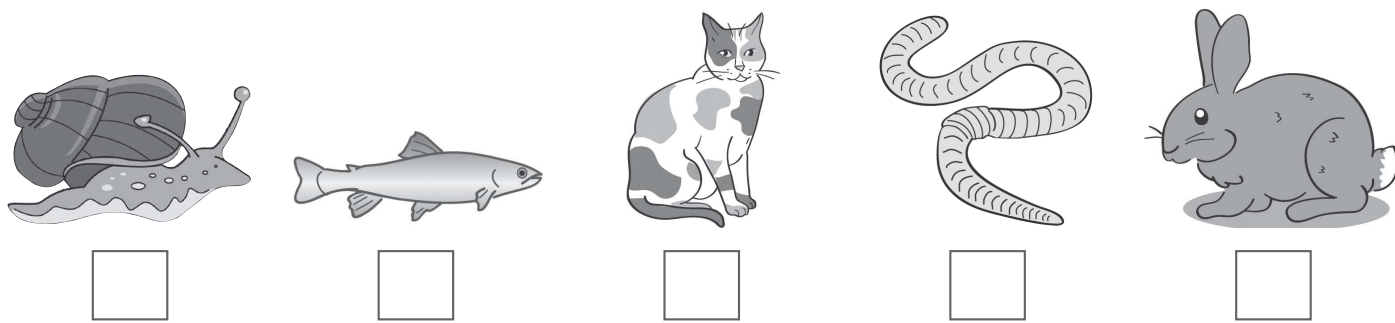
Ask learners to look at this unit’s key words and concepts in the glossary. Learners will remember key words better if they say them aloud and use them in sentences.

1.1 Skeletons

skeleton, bones

Skeleton or no skeleton?

1 Look at the pictures. Put a tick (✓) in the box next to the animals that have a **skeleton**. Put a cross (x) in the box next to the animals that do not have a skeleton.



2 What are the **bones** in your head called?

\_\_\_\_\_

3 What are the bones in your chest called?

\_\_\_\_\_

4 What is the row of bones in your back called?

\_\_\_\_\_

5 What is a single bone in your back called?

\_\_\_\_\_

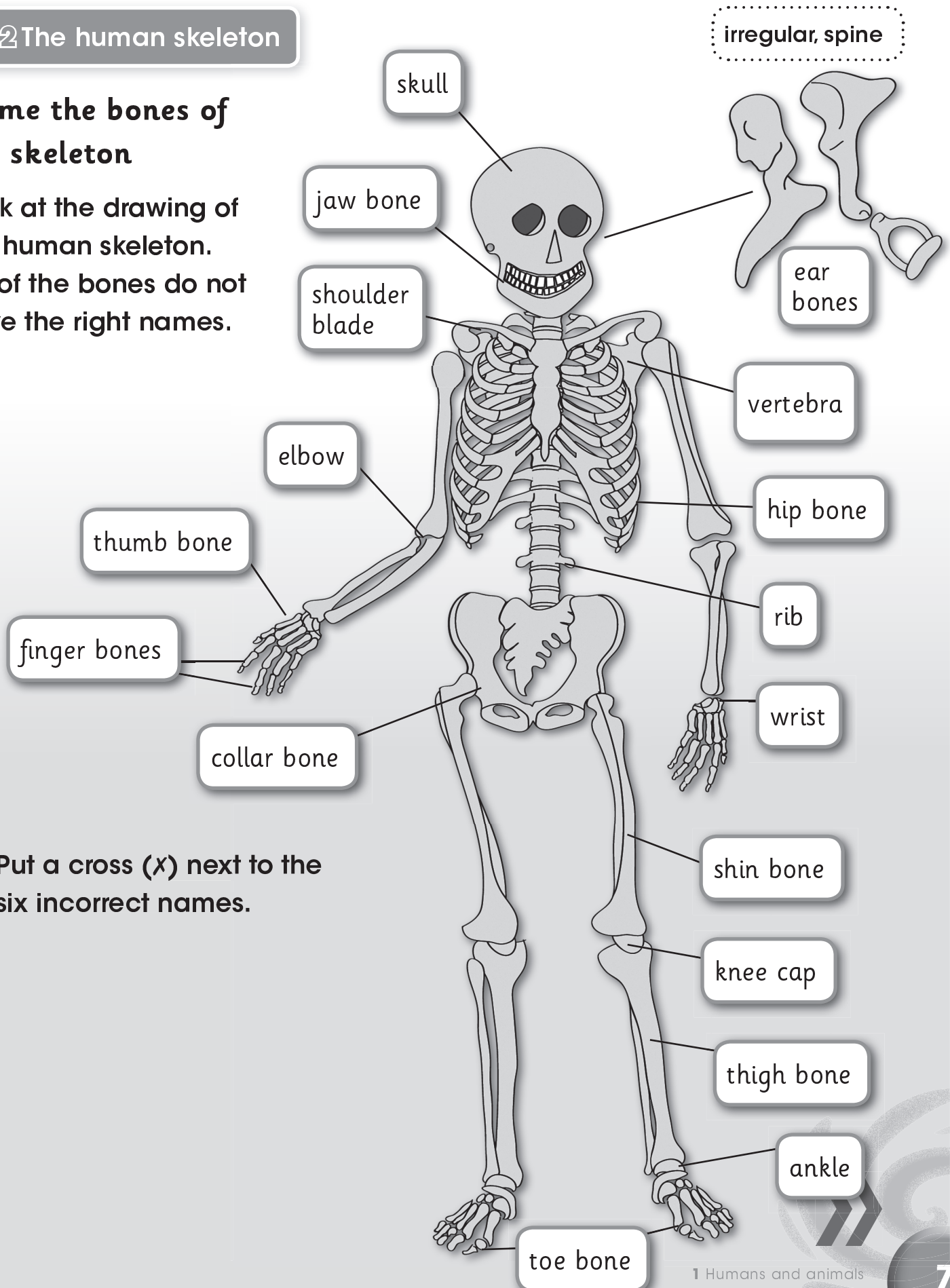
CHECK YOUR LEARNING

- ☐ I can identify animals that have a skeleton.
- ☐ I can name some of the bones in the human body.

## 1.2 The human skeleton

### Name the bones of the skeleton

Look at the drawing of the human skeleton.  
 Six of the bones do not have the right names.



**1** Put a cross (X) next to the six incorrect names.

**2** Complete the table. Write down the incorrect names in the first column. Then write the correct names in the second column.

Incorrect names	Correct names

**3** Use the words in the word box to complete the sentences about bones.

short   flat   long   **irregular**   bone   skeleton

We have a strong frame inside our bodies called a \_\_\_\_\_.  
This frame is made of \_\_\_\_\_. The skull is made of \_\_\_\_\_ bones. We find \_\_\_\_\_ bones in our arms and legs and \_\_\_\_\_ bones in our fingers and toes. The bones of the **spine** are \_\_\_\_\_.

**CHECK YOUR LEARNING**

- ☐ I can name some of the bones of the human skeleton.
- ☐ I can identify different types of bones in the skeleton.

## 1.4 Skeletons and movement

muscles, contracts, relaxes

### Look and learn

Your skeleton supports your body. It gets bigger as you grow. Choose a bone that can be easily measured, such as your lower arm or your shin bone. Write down how long it is. Now measure the same bone on someone younger than you. Also measure the same bone on an adult. What is the difference in size? If you took the same measurements in a year's time, how will they have changed on each person?

### KEY FACTS

The main functions of the skeleton are growth, movement, support and protection.

## Explain the way that muscles work

- 1** Complete the sentences to explain the way the muscles in your arm work. Use each of the words in the box once.

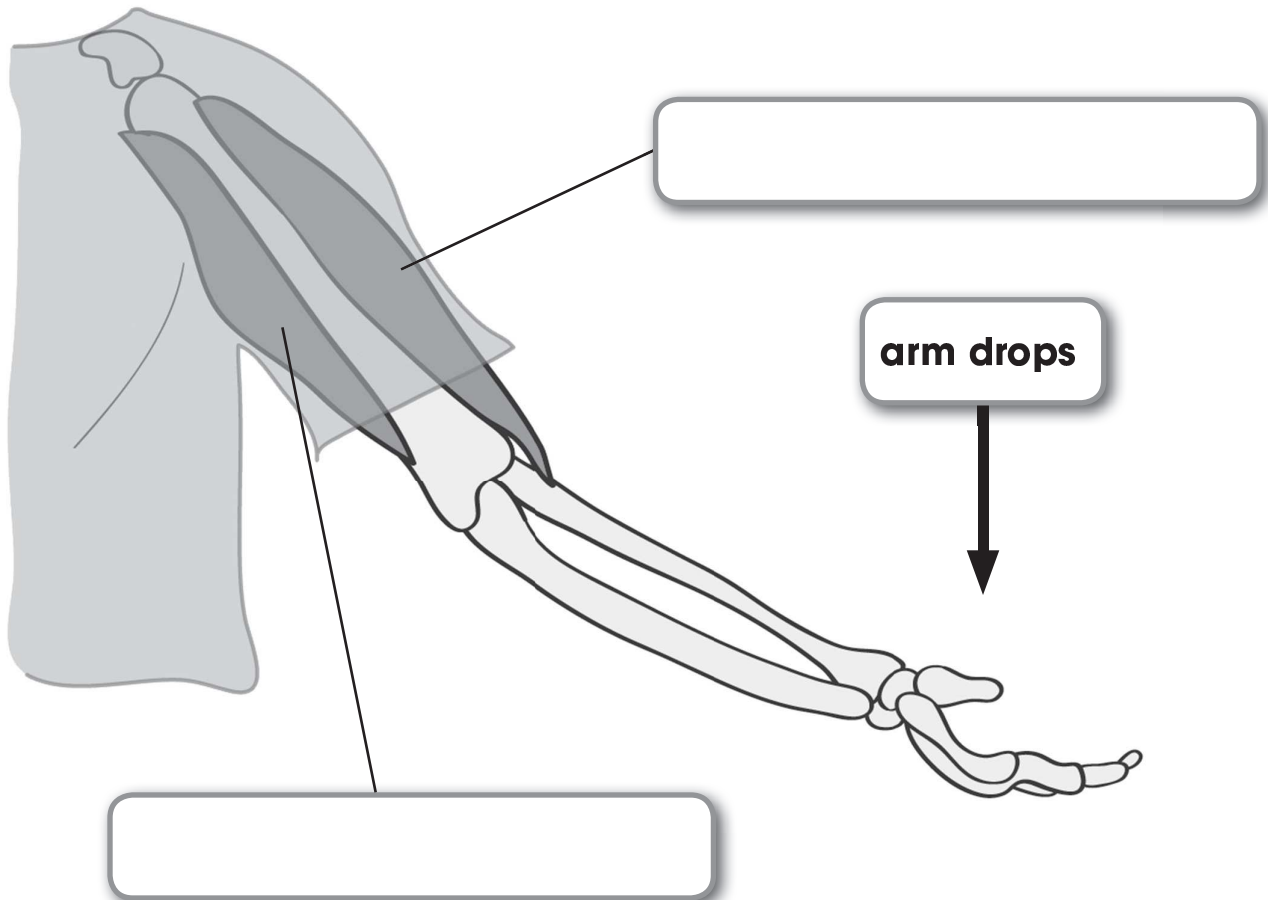
pairs    **contracts**    **relaxes**    shorter    longer

When I lift a weight, the muscle at the front of my arm \_\_\_\_\_ and gets \_\_\_\_\_. The muscle at the back of my arm \_\_\_\_\_ and gets \_\_\_\_\_. This shows that muscles work in \_\_\_\_\_.

### Remember:

Muscles are needed for movement. Try lifting a weight such as book or school bag. Feel how the muscles in your arm change as your arm moves upwards.

- 2** Label the diagram to show what happens to your arm muscles when you lower your arm.



**Remember:**

The skeleton cannot move on its own. There are muscles attached to the bones of the skeleton. Muscles work by pulling on the bones they are joined to.

**CHECK YOUR LEARNING**

- ☐ I can explain the way muscles contract and relax to make the body move.
- ☐ I can show on a diagram how muscles work.



1.3 How medicines work

symptoms, prescribes, medicine, cure, germs, treat

Describe the way different medicines work

Umar, Zara and Nor are at the clinic with their mother, Mrs Suppiah. The children have different **symptoms**. Umar has a bad cough. Zara has a sore throat. Little Nor has insect bites on her arms and legs which itch. She wants to scratch them all the time.

The children see Dr Tan. She examines each child. Then she **prescribes** a different **medicine** for each child.



That's a nasty cough, Umar. This medicine will **cure** it. Take two of these cupfuls three times a day.



We need to kill the **germs** causing your sore throat, Zara. Take one of these pills with a glass of water twice a day - once after breakfast and once before you go to sleep at night.



Mum will rub this ointment on your bites to stop them itching. Try not to scratch them, Nor.



Make sure Zara takes her medicine for the whole five days, even if she feels better.



Answer these questions.

1 Draw lines linking each child with their symptoms.

Umar	sore throat
Zara	itchy skin
Nor	cough

2 Draw lines linking each symptom with the medicine that Dr Tan gives the child.

sore throat	ointment
itchy skin	cough medicine
cough	pills

3 How many times a day must Zara take her medicine?

\_\_\_\_\_

4 What advice does Dr Tan give Nor?

\_\_\_\_\_

\_\_\_\_\_

5 What advice does Dr Tan give Mrs Suppiah?

\_\_\_\_\_

\_\_\_\_\_



**6 a** Write down the name of one medicine you have taken.

\_\_\_\_\_

**b** What illness did the medicine treat?

\_\_\_\_\_

**c** How often did you take the medicine?

\_\_\_\_\_

**d** Did the medicine cure your illness?

\_\_\_\_\_

**7 Think about it!**

Ask an adult at home to show you some medicines. Write down their names. What illnesses do you think they treat? Read the labels and see how you must take the medicine.

\_\_\_\_\_

\_\_\_\_\_

**CHECK YOUR LEARNING**

- ☐ I know that we take medicine to treat an illness.
- ☐ I know that it is important to follow the instructions for taking medicine.