

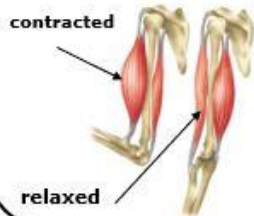
Year 3 Knowledge Organisers Autumn 2020/21

Muscles

Skeletons move because bones are attached to muscles.

When a muscle **contracts** (bunches up), it gets shorter and so pulls up the bone it is attached to.

When a muscle **relaxes**, it goes back to its normal size.



HEALTHY EATING

To keep your body fit and healthy you need a balanced diet using all of the food groups.

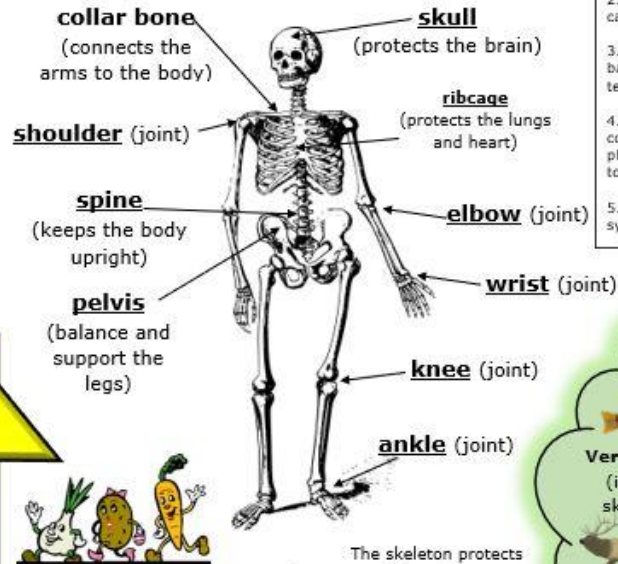
Carbohydrates – Main source of energy for our bodies (rice, potatoes, pasta and bread).

Protein – Repairs and builds muscles, organs and immunity (fish, meat, eggs and cheese).

Sugar and Fats – Stored for energy and creates a layer of fat to keep us warm. Should not have too much of these (chocolate, sweets, butter, oil, cream).

Vitamins and Minerals – Keeps us growing and fighting infections (fruit and vegetables).

The Skeleton and Muscle System



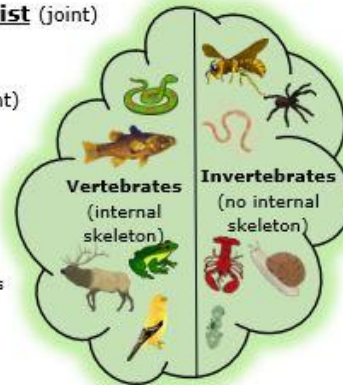
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The skeleton protects our internal organs, keeps us supported and helps us move.

TOOTH DECAY



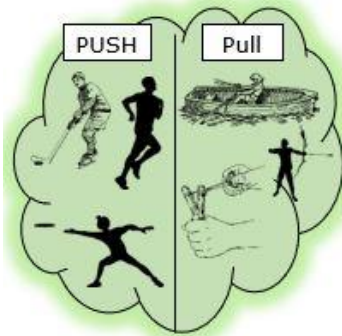
- 1.) Tooth decay is the destruction of your tooth enamel
- 2.) Milk is a good source of calcium and good for your teeth.
- 3.) Plaque, a sticky film of bacteria, constantly forms on your teeth.
- 4.) When you eat or drink foods containing sugars, the bacteria in plaque produce acids that attack tooth enamel.
- 5.) Tooth ache and bad breath are symptoms of tooth decay.



Year 3 Health and Movement

PUSHING AND PULLING

A force is a push or pull acting on an object as a result of the object's interaction with another object. Forces can make objects stop or start moving.



FUN FACTS ABOUT MAGNETS

- The most powerful magnet in the universe is a star called 'Magnestar'.
- Animals can be affected by magnetic pulls. Birds and turtles navigate by them and sharks are repelled by them!
- Earth's core is said to be filled with iron and nickel (metals which give it a magnetic field).

Forces and Magnets

Friction

When objects are pushed or pulled, an opposing force can be felt. This opposite force is called 'friction'. Friction causes things to slow down or stop. The grip on our shoes stops us slipping. Therefore, friction is great.

Ice-skates on an ice-rink will move for a long time because there is very little friction. The rougher the surfaces, the greater the friction.



This rubbing of two surfaces can release energy, causing heat. (Try rubbing your hands together!)

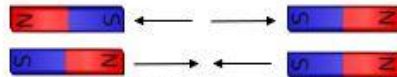
Magnetic Poles

When two magnets are close, they create pushing or pulling forces on one another. These forces are strongest at the ends of the magnets. The two ends of a magnet are known as the **north pole (N)** and the **south pole (S)**.



The Same poles repel / The opposite poles attract

If you try to put two magnets together with the **same** poles pointing towards one another, the magnets will push away from each other. We say they **repel** each other. Opposite poles **attract** and are brought together.



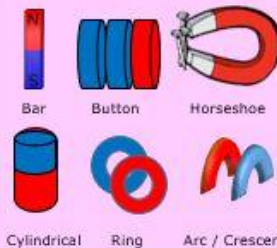
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What is a Magnet?

A magnet is a special object which produces an area of magnetic force around itself called a **magnetic field**.

If a **metal** object enters this magnetic field, they will be attracted towards the magnet and end up sticking to it. (Non-metallic objects such as wood, plastic or fabric would not be attracted to it.)

Here is a range of different magnets:



Inside a compass is a small magnetic pin which constantly points north.

Earth has a natural magnetic field which means the pin turns to always face north and helping people find their way.

Year 3 Forces and Magnets

Ancient Greeks



Who were the Ancient Greeks?

The Ancient Greeks were a civilization who dominated the Mediterranean thousands of years ago. Government, philosophy, science, mathematics, art, literature and sports were impacted by the Ancient Greeks. During the time of the Ancient Greeks, Athens was the centre of power. The city was named after the Greek goddess Athena. She was goddess of wisdom, war, and civilization. Her shrine, the Parthenon, sits on top of a hill in the centre of the city. The people of Athens were often at war with the people of Sparta. The Spartans didn't study philosophy, art, or theatre, they studied war. All Spartan men trained to become warriors from the day they were born.



What was it like in Ancient Greece?

Ancient Greece included the mainland and many small islands. It is surrounded by the Mediterranean Sea. This meant that the cities and towns relied on being able to trade. The land was very mountainous and so many parts of it were uninhabitable – the mountains and hot climate meant that it was also difficult for agriculture to be successful. Ancient Greece was not ruled by one single individual. By the classical age, it was separated into different city-states, each with its own ruler, systems and rules. Two of the biggest city-states were Athens and Sparta.



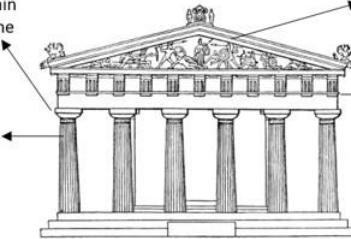
Architecture

The Ancient Greeks had a unique style of architecture that is still copied today in government buildings and major monuments throughout the world. Greek architecture is known for tall columns, intricate detail, symmetry, harmony, and balance. The Greeks built all such as temples, stoas assembly halls, gymnasias and theatres. The main examples of Greek architecture that survive today are the large temples that they built to their gods.

Greek architecture has had a long and important legacy in western history. Even now, people continue to copy Greek buildings, and many people go visit the ancient remains of the thousands of ancient Greek buildings still standing today.

Capital - The capital was a design at the top of the column. Some were plain (like the Doric) and some were fancy (like the Corinthian).

Column - The column is the most prominent element in Ancient Greek architecture. Columns supported the roof, but also gave buildings a feeling of order, strength, and balance.



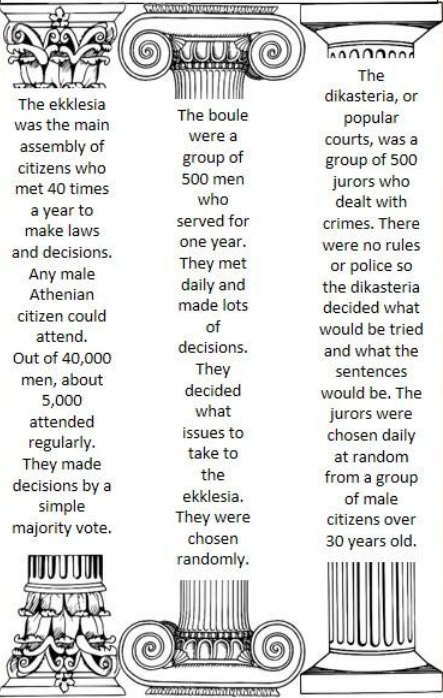
Cella - The inner chamber in a temple was called the cella or the naos.

Propylaea - A processional gateway. The most famous one is at the entrance to the Acropolis in Athens.

Pediment - The pediment was a triangle located at each end of the building between the frieze and the roof. It also contained decorative sculptures.

Frieze - The frieze was a decorative panel above the columns that contained relief sculptures. The sculptures often told a story or recorded an important event.

Key Dates and Events				Athenean Democracy	Key Vocabulary	
The Early Greeks	Era	People	Dates	Democracy began in Ancient Greece. In fact, the Ancient Greek system is very famous and has helped to shape many systems of democracy around the world today. There were three main systems of democracy in Ancient Greece: The Ekklesia The Boule The Dikasteria.		
	The Dark Ages and the Archaic Era	The Minoan Civilization	2500BC (Bronze Age)	Development of Bronze Sea based trade with Egypt and other Mediterranean countries Achievement of Minoan architects, artists and engineers		
		The Mycenaean Civilization	1500 BC	The first decipherable written scripts The Trojan War (facts and myths)		
		The Dorian Civilization	1100 BC (Iron Age)	Cultural collapse and decline in Literacy Development of Oral traditions		
The Dark Ages and the Archaic Era	The Dark Ages			Smelting of Iron Development of Polis as a form of government		
	And	800 BC		Rise of Athens and Sparta		
	The Archaic Era		776 BC	The first Olympic Games		
			750 BC	Homer writes the Iliad and Odyssey		
	The Classic Period			Development of Athenian Democracy		
			500BC	The Persian War		
		490BC	Greek philosophy, art and science at the peak of creativity			
The Classic Period			432BC	The Greeks defeat Persian invaders at the battle of Marathon		
				The Parthenon in Athens is complete		
				The Peloponnesian Wars		
			338BC	Phillip II and Alexander the Great		



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