

# Year 4

## Science

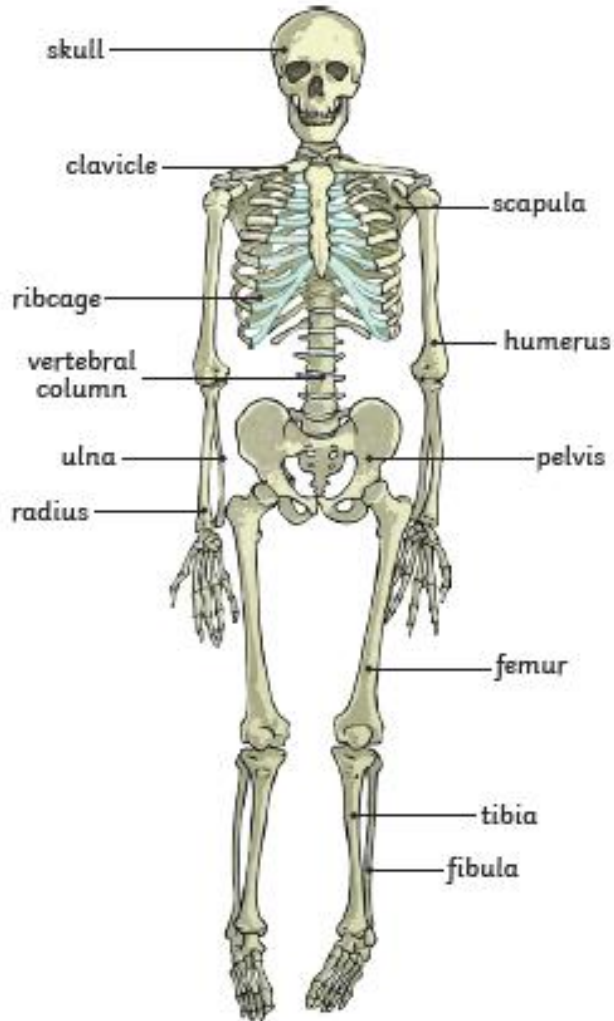
### Spring 1



Key Vocabulary	
<b>vertebrate</b>	animals with backbones
<b>invertebrate</b>	animals without backbones
<b>muscles</b>	soft tissues in the body that contract and relax to cause movement
<b>tendons</b>	cords that join muscles to bones
<b>joints</b>	areas where two or more bones are fitted together

Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

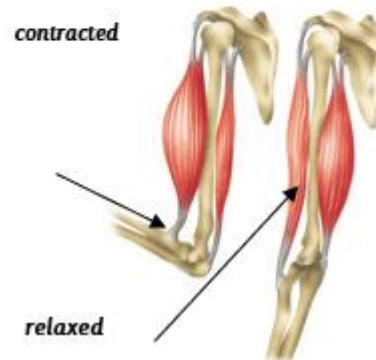


### Muscles

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.



## The Skeleton and Muscle System

