

SCIENCE – GRADE 3 – UNIT 1 – WEEKEND WORKSHEET

ACHIEVEMENT		COMMENT	
☐ Excellent	☐ Fair	Knowledge	
☐ Very good	☐ Need improvement	Skills	
☐ Good		Attitude	

UNIT 1 – Human and animals – Check progress



REMEMBER

Words to learn

symptoms fever

germs cure

prescribe

skeleton frame

bone skull

spine vertebra

thigh irregular

muscles contract

relax

medicine prevent

- ☺ People and many other animals have a skeleton inside their bodies.
- ☺ Our skeletons support our bodies from the inside.
- ☺ Our skeletons are made of many different bones.
- ☺ Bones are different sizes and shapes.
- ☺ Our skeletons are made of long bones, short bones, flat bones and irregular bones.
- ☺ The skull is made of different flat bones joined together.
- ☺ We grow because our skeleton grows.
- ☺ The skeleton supports and protects the body.
- ☺ Animals without skeletons are called invertebrates.

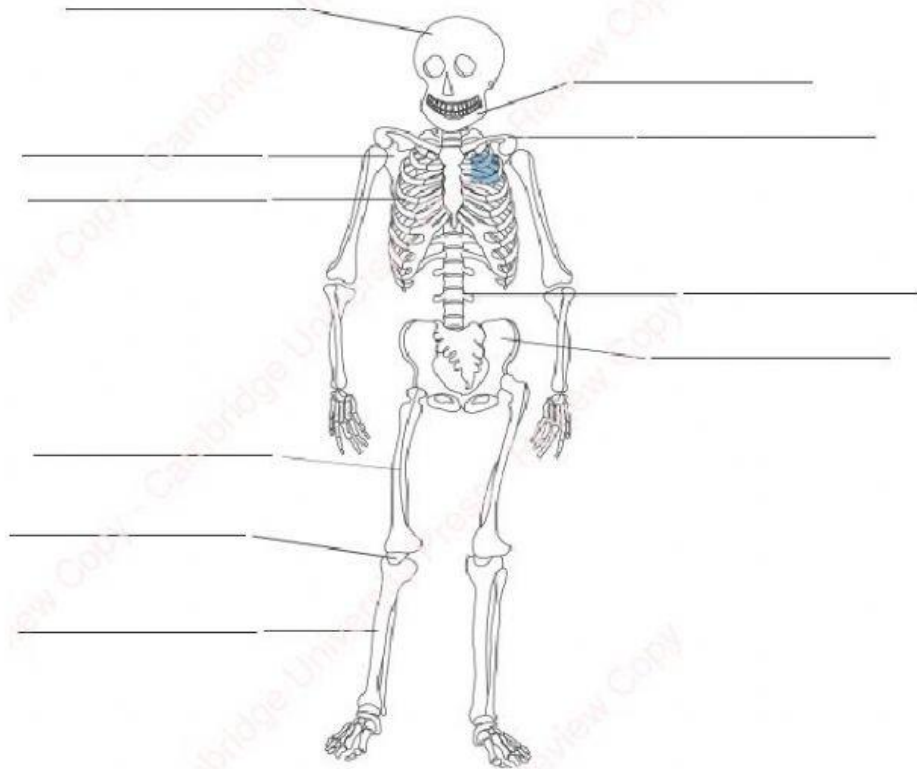
- ☺ Muscles allow us to move.
- ☺ Muscles are joined to bones.
- ☺ Muscles work by pulling on bones.
- ☺ Muscles work in pairs.

- ☺ Drugs are substances that make your body change in some way.
- ☺ Medicines are drugs that make our bodies better when we are sick.
- ☺ All medicines are drugs, but not all drugs are medicines.
- ☺ We can take medicines in different ways, such as powders mixed with water, by inhalers and directly into our blood.
- ☺ Symptoms are the signs of illness.
- ☺ Medicines can cure illnesses and make them go away.
- ☺ We must follow the instructions to take medicines safely.

1. Label a skeleton

Use the names of the bones in the word box to label the different parts of the human skeleton.

jaw bone hip shoulder blade collar bone shin bone
skull thigh bone rib vertebra knee cap



2. Fill in the blank with the words in the box:

2.1. Name the kind of bone

flat bone	long bone	short bone	irregular bone
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- The thigh bone is _____ in your leg.
- _____, like those in our fingers.
- _____, like those that make up our skull.
- _____, like the bones in our spine.

2.2. Skeleton and movement.

contracts	relaxes	shorter	muscles	tendons
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- _____ are attached to bones.

- f. _____ attach the muscles to the bones.
- g. When a muscle _____ (gets smaller), it gets _____
This pulls up the bones it is attached to.
- h. When a muscle _____, it returns to normal size.

2.3. Medicines and drugs.

medicines	drugs	vaccines	cure	germs
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- i. These substances make your body change in some way → _____
- j. _____ are what people take in if they feel unwell.
- k. We become ill because _____ enter our body.
- l. Some medicines also prevent us from getting ill, like _____
- m. Medicines _____ us when they make our illness go away.

3. Use the structure to describe how muscles work.

When ..., the biceps muscle ... while the triceps muscle ... (contracts/relaxes)

a. Bending your elbow



b. Keeping your arm straight

