

Science  
Skeleton and movement  
Book: Body Book  
Pages 24-31

Students: Fill in the answers and return for assessment

Everything here is based on our Curriculum Visions Body Book.

In this segment, we are going to learn about the skeleton and movement.

You will need to go to pages 24-25 of the book.

#### Part 1

What are the two roles of bones in the body?

What are the four types of bones in the body? Give an example of where each type can be found.

Answer ...

To provide strength and to make blood.

Long bone: leg and arm

Short bone: fingers and toes

Flat bone: shoulder blade, skull

Irregular bone: spine, hands, feet

#### Part 2

What is the role of the cartilage?

Where is the marrow found?

Answer ...

To act as a cushion and protect the bone from jolts.

In the shaft and ends.

Now turn to pages 26-27 of the book.

#### Part 3

Work in pairs. One person in the pair names a bone (such as rib, jaw bone, shoulder blade, hip, etc.) and the other person points to it on their own body). Then switch roles.

Now turn to pages 28-29 of the book.

## Part 4

Complete the chart below.

	Type of movement	An example of where can it be found
Hinge joint		
Ball and socket joint		
Hip joint		
Spine joint		

Answer ...

	Type of movement	An example of where can it be found
Hinge joint	In two directions	Finger, toe
Ball and socket joint	Movement in every direction	Top of arms and legs
Hip joint	Movement in every direction	hip
Spine joint	Small movements	spine

Now turn to pages 30-31 of the book.

## Part 5

What is the role of the muscles?  
Why do arm and leg muscles come in pairs?

Answer ...

They help the body move.

Muscles come in pairs because there are no springs in joints, so one set of muscles contracts to lift a limb (arm or leg), and the other set contracts to pull the limb back down.

That is the end of this worksheet, and you can now turn to another one. Also, find out if your teacher has left you any other worksheets or special instructions on your school website.

If you are interested in this topic, continue to browse the book and watch our amazing videos. They start right on the book cover.

Or you may want to see related books. If so just go to the top of the screen, select science, and from the page that opens choose Body Book.