



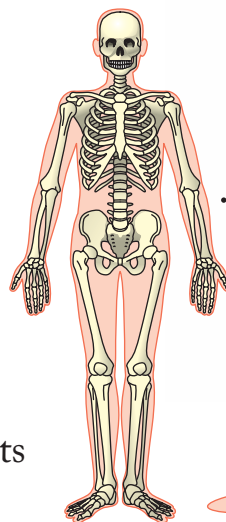
The skeleton inside you

The shape of your body is formed by the skeleton inside you.

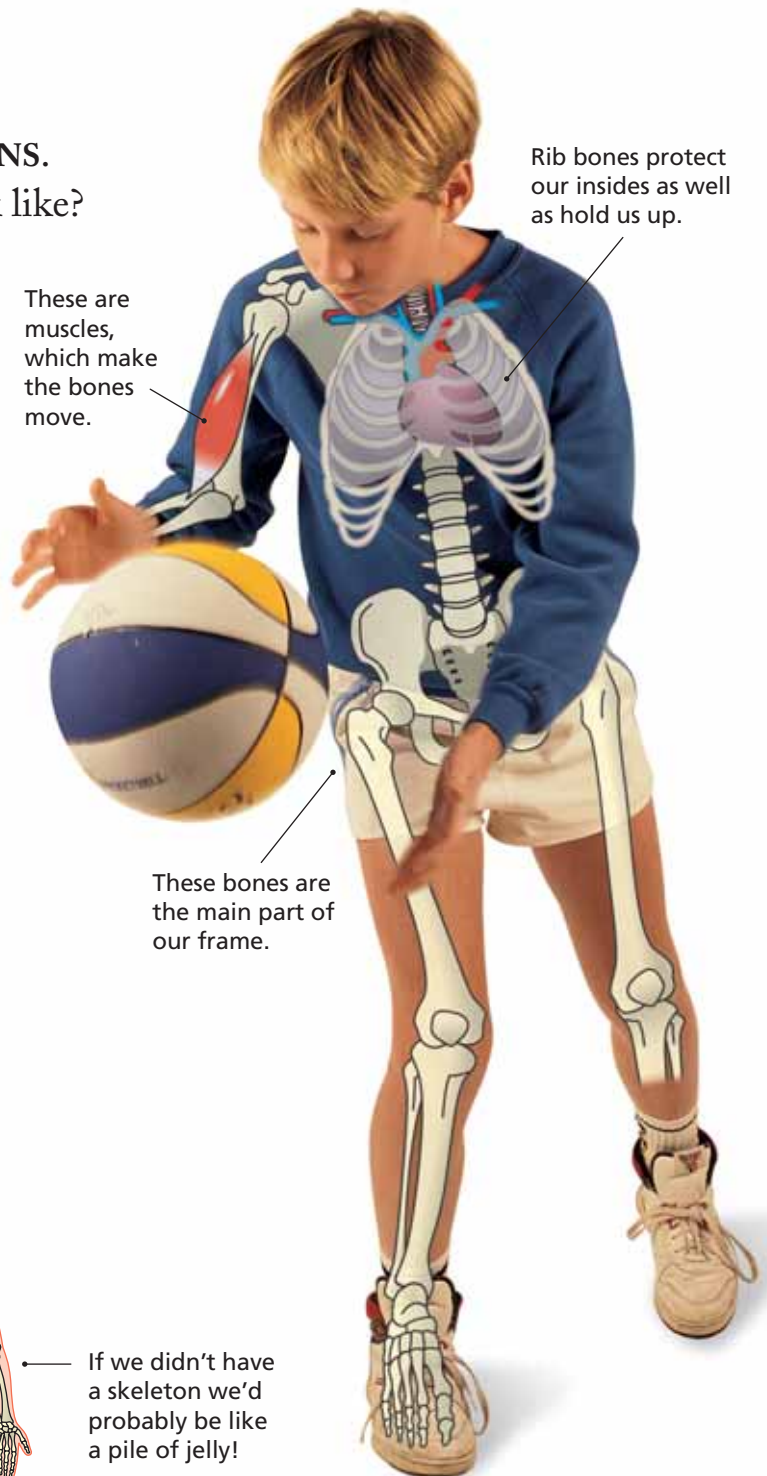
Most of us have seen pictures of **SKELETONS**. But what does the skeleton inside you look like? Your body is a collection of **BONES** (Picture 1). There are over 200 bones in your body. A baby has 275 bones, but by the time you are grown up, 69 bones will have joined together so that you will have only 206.

Skeletons are frames

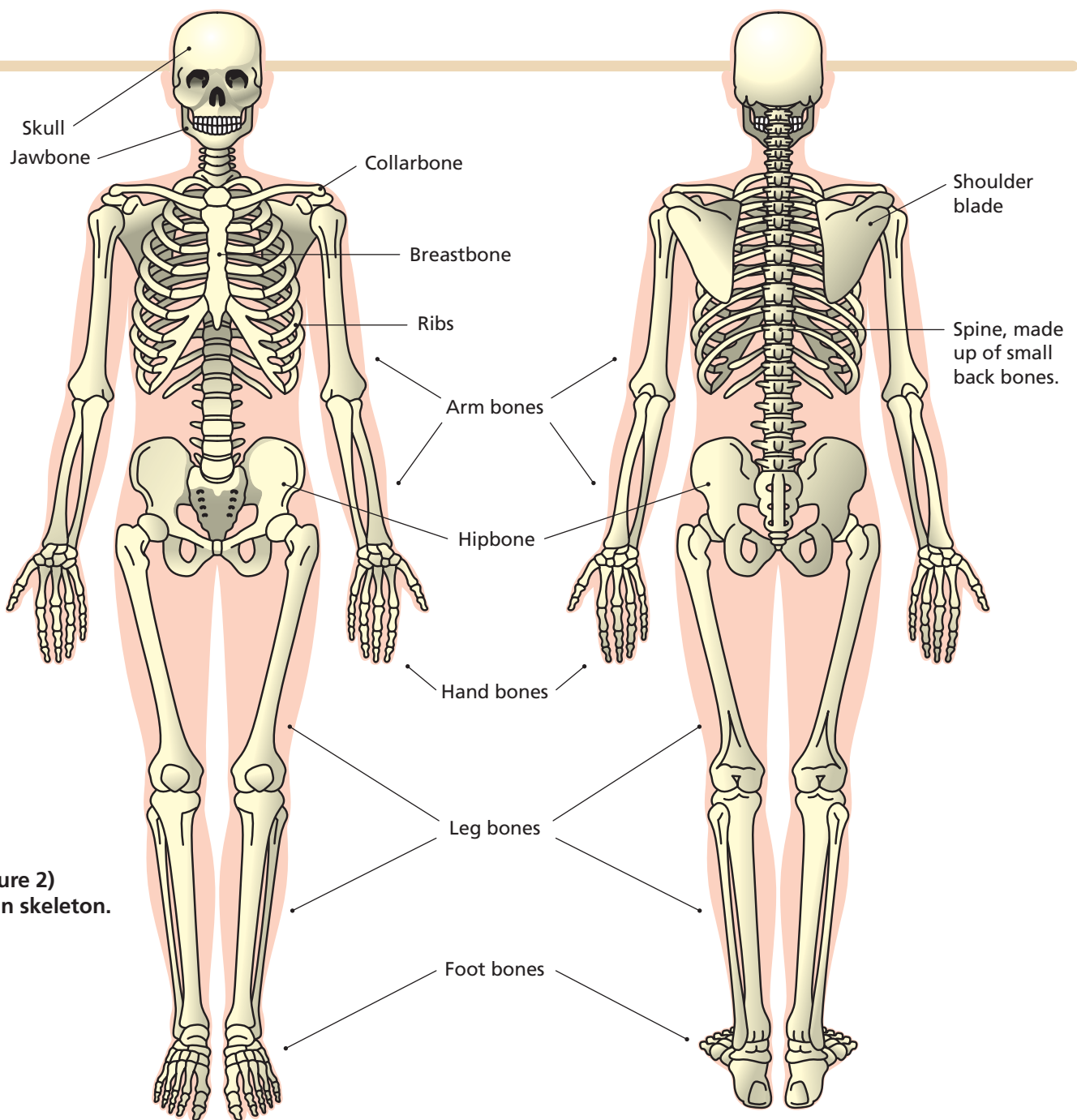
We need a skeleton to hold up all of our soft parts, just like a building needs a frame to hold up its walls and floors. Our frame happens to be inside us and so we don't normally see it (Picture 2). Our skeleton is covered by **MUSCLE** and skin, so we are soft to touch. But a bony frame is not the only kind of skeleton. Some animals have liquid skeletons, and others have their skeletons on the outside, often in the form of **SHELLS** (as you will see on pages 22 to 23). These animals look very different from us. While those animals with liquid skeletons (like worms) are soft and squidgy to touch, those with outside skeletons are mainly hard to touch. If we had hard shells, they might look like suits of armour.



If we didn't have a skeleton we'd probably be like a pile of jelly!



▲ (Picture 1)
If you could see inside yourself, this is what your bones might look like.



► (Picture 2)
A human skeleton.

Inside skeletons move

Your bones are not all stuck together rigidly. Instead, they are held together in such a way that they can move. The parts of your body that move the skeleton are called muscles. Bones are connected together at **JOINTS**. Here, the bones are often not stuck together, but are held together loosely so they can move.

Bones protect

Some bones do more than just hold us up. Their strength also means that bones can protect delicate parts of our bodies, such as our brain, lungs and heart.

Summary

- Bones make a frame which supports soft body parts.
- Bones protect delicate parts of the body.
- Bones can be moved about.