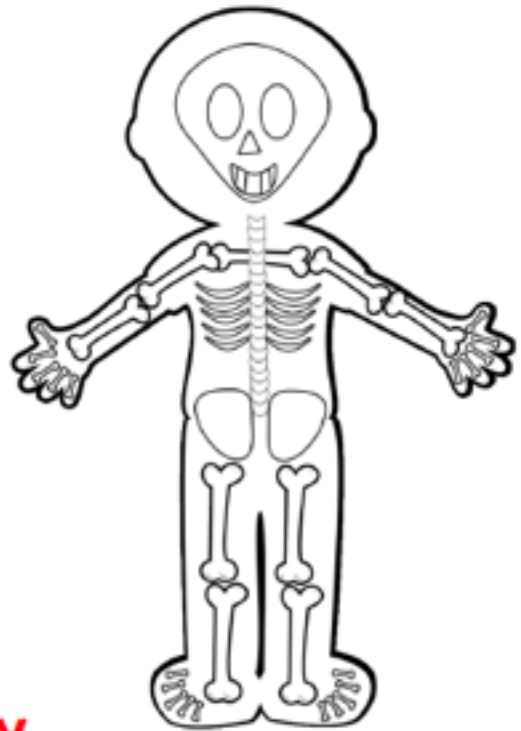


The Skeletal System



By: _____ **Answer Key**

Answers may vary- These are just some suggestions.

The Big Idea!



The skeletal system is the system
in your body that gives shape and
support to the body, protects many
important organs and makes blood cells

The skeletal system has several parts

bones

ligament

cartilage

joints

bone marrow

vertebrae

Types of Bones

long



arm

flat



shoulder

short



fingers



leg



hip



toes

Bones

Bones are alive, growing and changing all the time. They are living organs!

❶ Periosteum- outer surface contains nerves and blood vessels.

❷ Compact (hard) bone - smooth and hard. It is the part you see when you look at a skeleton

❸ Cancellous (spongy) bone - inside the compact bone. In many bones the innermost part is the bone marrow.



DID YOU KNOW?

Inside your large bones there is a spongy layer called bone marrow which can make blood cells.

Bone marrow is sort of like a thick jelly, and its main job is to make blood cells. It can make up to five billion red blood cells and certain types of white blood cells every day.



J·O·I·N·T·S

The place where two or more bones meet.

1 ball-and-socket



Found in your shoulder and hips. It allows for lots of movement in every direction (swing your arm)

2 hinge



Found in your elbows and knees. It lets you bend and then straighten your arms and legs (bend your arm)

3 pivot



Found in your neck. It allows you to rotate your head from side to side (say "no" with your head)

Interesting Facts!

Your ribs protect your lungs and your heart. The skull protects your brain.

A baby is born with about 300 bones at birth. As a baby grows some of the bones fuse or grow together to form the 206 bones that adults have.

The smallest bone in the body is found in the ear.
(stirrup)

Take Care of Your Bones!



Protect your skull and brain by wearing a helmet for bike riding and playing sports.



Drink milk and eat other dairy products to help strengthen your skeleton.



Be active. Exercise helps to strengthen your bones.

calcium

An important mineral for building strong bones and teeth .

Draw a picture to help you remember the vocabulary in each box.



cartilage

The spongy tissue at the ends of many bones. It cushions the ends of bones and forms flexible parts like your ears and nose.

vertebrae

Is a knobby bone in your spine. The 26 vertebrae fit together to make your spine, which carries much of your weight.

femur

The longest bone in your body. It goes from the pelvis to your knee. It accounts for more than a quarter of an adult's height.

