

Skeletons and Muscles

TERM 5 Week 4

This week we are revisiting our Term 2 topic about skeletons and muscles.

(Next week you are going to plan and carry out an investigation about your body.)

- Can you remember the 3 functions of your skeleton?
- How many bones do you have?
- How do muscles work?
- Watch the video clip on Espresso to see if you are correct.

Website link to 'Discovery Education / Espresso' to view video clip.

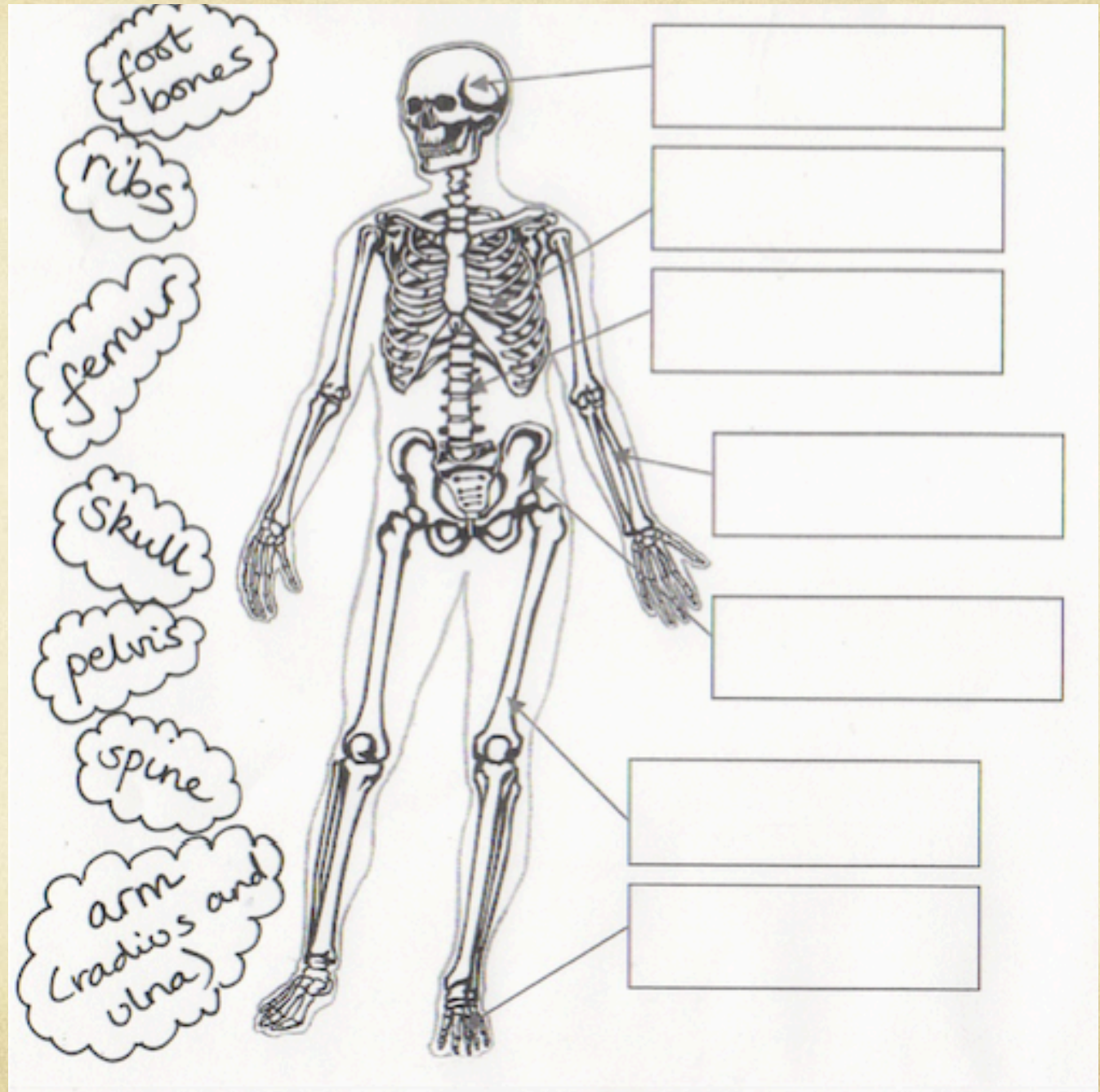
<https://online.espresso.co.uk/espresso/login>

- Use the login from workspace area of the HJS website - website passwords
- Then follow the steps :
Click on - Key Stage 2 -then Science - then 'Bodies (lower)' - then videos.
Choose the video titled '**Skeletons**'

You can always try some of the '**Activities**' too.

Try matching the correct names on the diagram?

Can you find out the names of any more bones?
Eg Where is your clavicle, sternum etc ?....

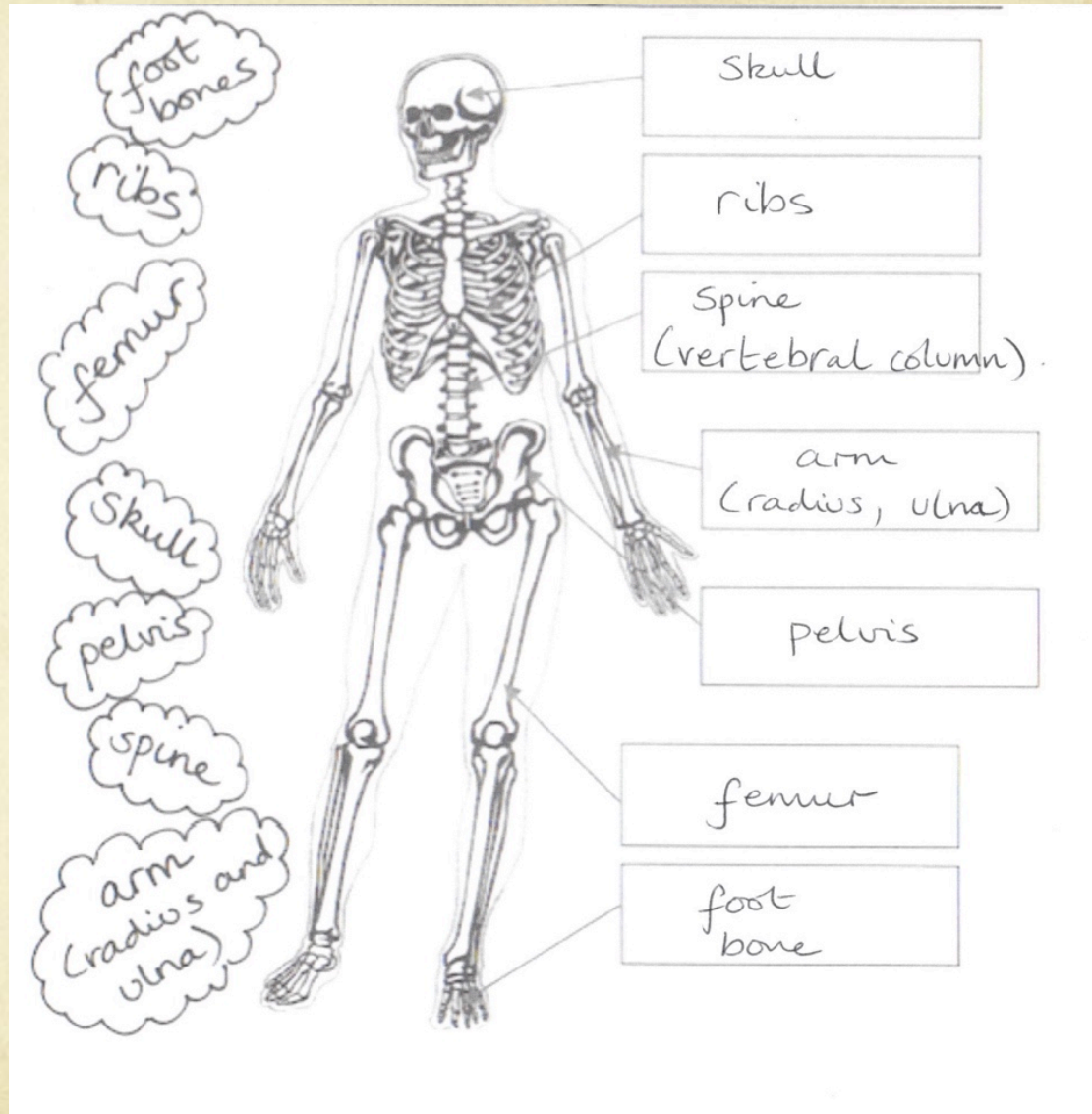


See how you did..

Can you remember an interesting fact about your femur?

Do you remember where the smallest bone in your body is?

If not- look them up....



Can you fill in the missing gaps?

There are _____ bones in the human skeleton. Our bones are very

_____.

The skeleton does three very important jobs. It helps us to

_____ around, it supports the _____ and it

_____ the organs inside the body. Bones are made from

_____ and they are very hard. They are _____ and grow

with us. Without our skeletons we would look like _____!

move	calcium	206	protects
alive	strong	body	blobs

See how
you did..

There are 206 bones in the
human skeleton. Our bones are very
Strong.

The skeleton does three very
important jobs. It helps us to
move around, it supports
the body and it
protects the organs inside
the body. Bones are made from
Calcium and they are very
hard. They are alive and grow
with us. Without our skeletons we
would look like blobs!

move	calcium	206	protects
alive	strong	body	blobs

ACTIVITIES

Choose one of these, or you could do both.

1.) Try the 'Put me back together!' skeleton sheet (in the science resources area of the weekly plan).

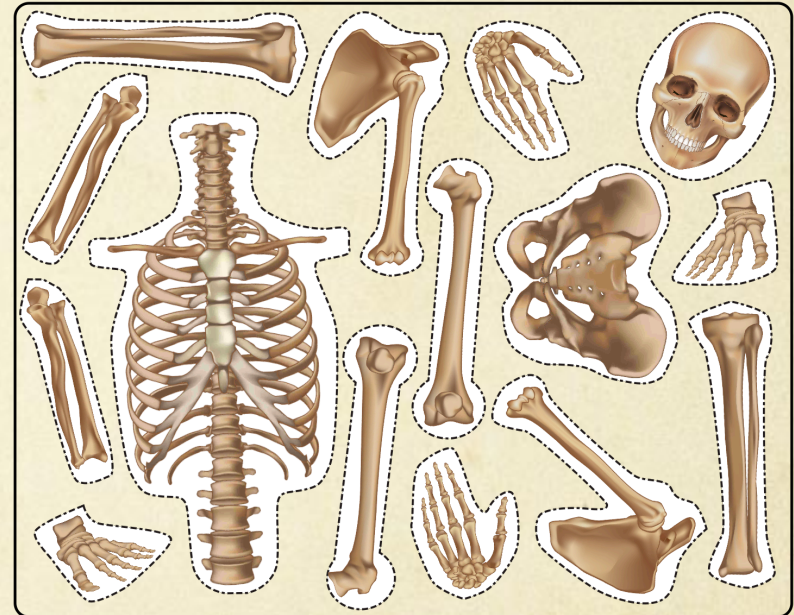
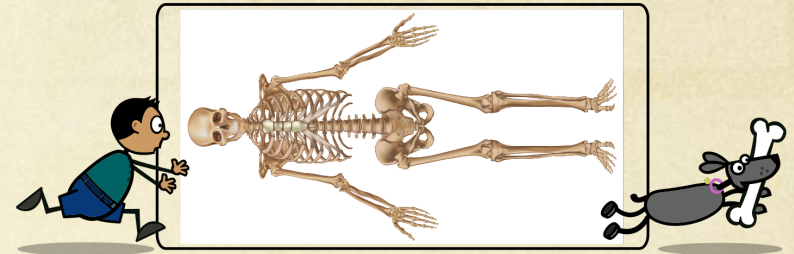
You will need to ask an adult to print the sheet then you can cut out the parts and join them correctly, to make your own skeleton.

2.) Make a poster about 'Skeletons and Muscles'

Try to include lots of interesting facts and then share it with your family.

Put me back together!

This skeleton has fallen apart! Can you cut out the parts and put it together again? Use the picture as a guide.



Make sure you include all these different bones: skull, feet, hands, ribcage, spine, pelvis, thigh bones, leg bones, upper arms and shoulder, lower arms.

You could email us your work on **Friday**.