Bones provide great support!

Background knowledge

Inside your body is a *skeleton* made of *bones*. Bones mostly contain a material called *calcium*. Your skeleton protects the soft inner parts of your body. *Muscles* pull on parts of the skeleton to make your body move. A *joint* is a place where two bones meet. Some joints allow parts of the skeleton to bend. Your skeleton provides the support you need to give your body a shape—otherwise you would be a ball of jelly!
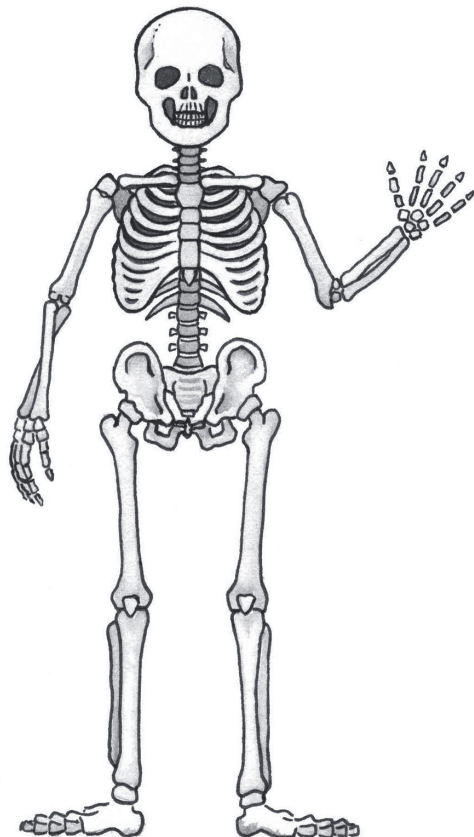
Science activity

Here is a picture of a human skeleton. On the picture draw the four arrows listed below, and label them A, B, C, and D.

Arrow A should point to the part of the skeleton that protects the brain.
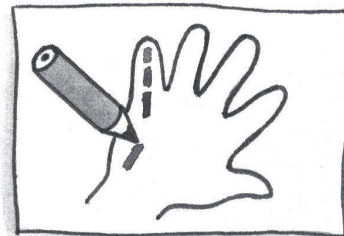Arrow B should point to the joint that allows the leg to bend at the knee.
Arrow C should point to the part that protects the lungs.
Arrow D should point to the part that protects the heart.

Science investigation

Trace your hand onto a piece of paper. Feel your bones and see if you can draw a map of the bones on your hand.

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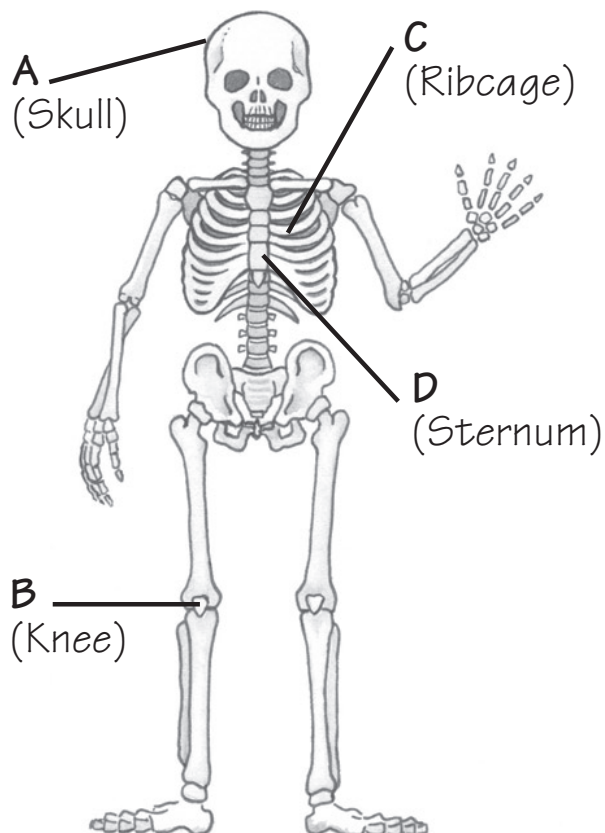
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A
(Skull)

C
(Ribcage)

D
(Sternum)

B
(Knee)

Science investigation

Encourage the child to think about what each part of the skeleton does.