
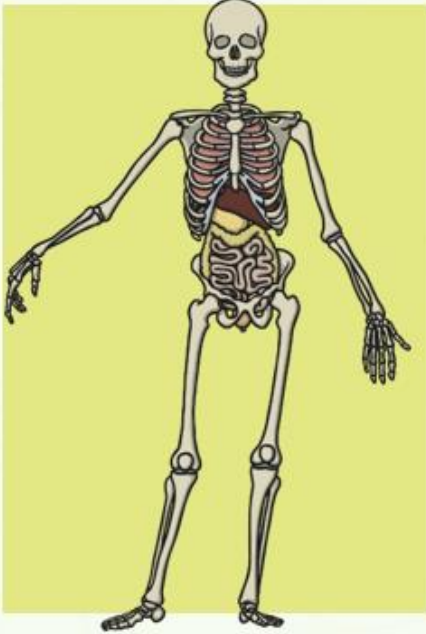


The web page above has a short video and a little quiz about the function of bones.

All Fall Down!



One of the functions of a skeleton is to support your body.

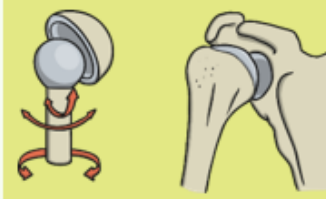
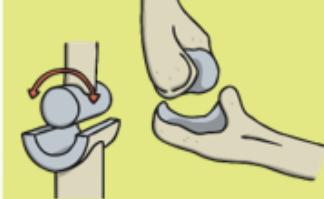
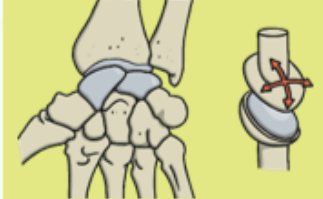
What would happen if you had no bones in your body?

Which part of the skeleton keeps your body upright?

On your activity sheet using a different coloured pencil, colour in the main bones that keep your body upright.

Joints

Without joints connecting our bones we would not be able to move the way we do. We would not be able to bend, jump, skip to name a few movements. There are 3 different types of joints in the body. (Click the pictures to see how they move!)

ball and socket	hinge	gliding
		
Ball and socket joints allow the most freedom of movement. One example in the human skeleton is the between the pelvis (hip) and femur (upper leg bone).	Hinge joints allow flex and extend movements. One example in the human skeleton is between the <u>humerus</u> (upper arm bone) and radius/ulna (lower arm bones).	Gliding joints are also known as 'plane' joints. The bones are shaped to glide over one another and allow for small limited movements in different directions. One example in the human skeleton is the wrist bones.