
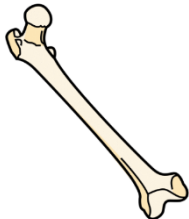










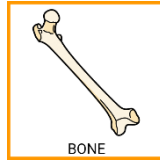
NATURAL SCIENCE UNIT 3- WE PROTECT OUR BONES AND MUSCLES



UNIT VOCABULARY

 SKELETON	 BONE	 JOINT	 SKULL	 MUSCULAR SYSTEM
 MUSCLE	 INJURED	 HEALTHY	 DO EXERCISE	 HEALTHY DIET

Our skeletal system



The **skeletal system** is made up of **bones**.

BONES



→ Bones are **hard**.



→ Bones are **strong**.



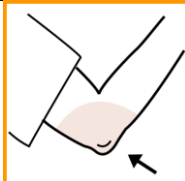
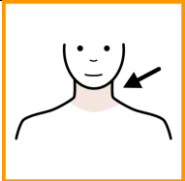
→ Bones are **living organs**.

JOINTS



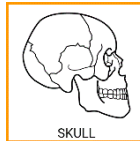
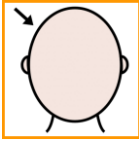
The bones **meet** at the **joints**.

Examples of **joints** are:

KNEE		WAIST	
ELBOW		NECK	

SKELETON

Bones are organised in 3 parts:

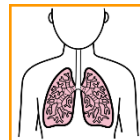
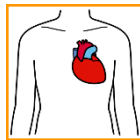


Head: The bones in the skull protect

our brain.



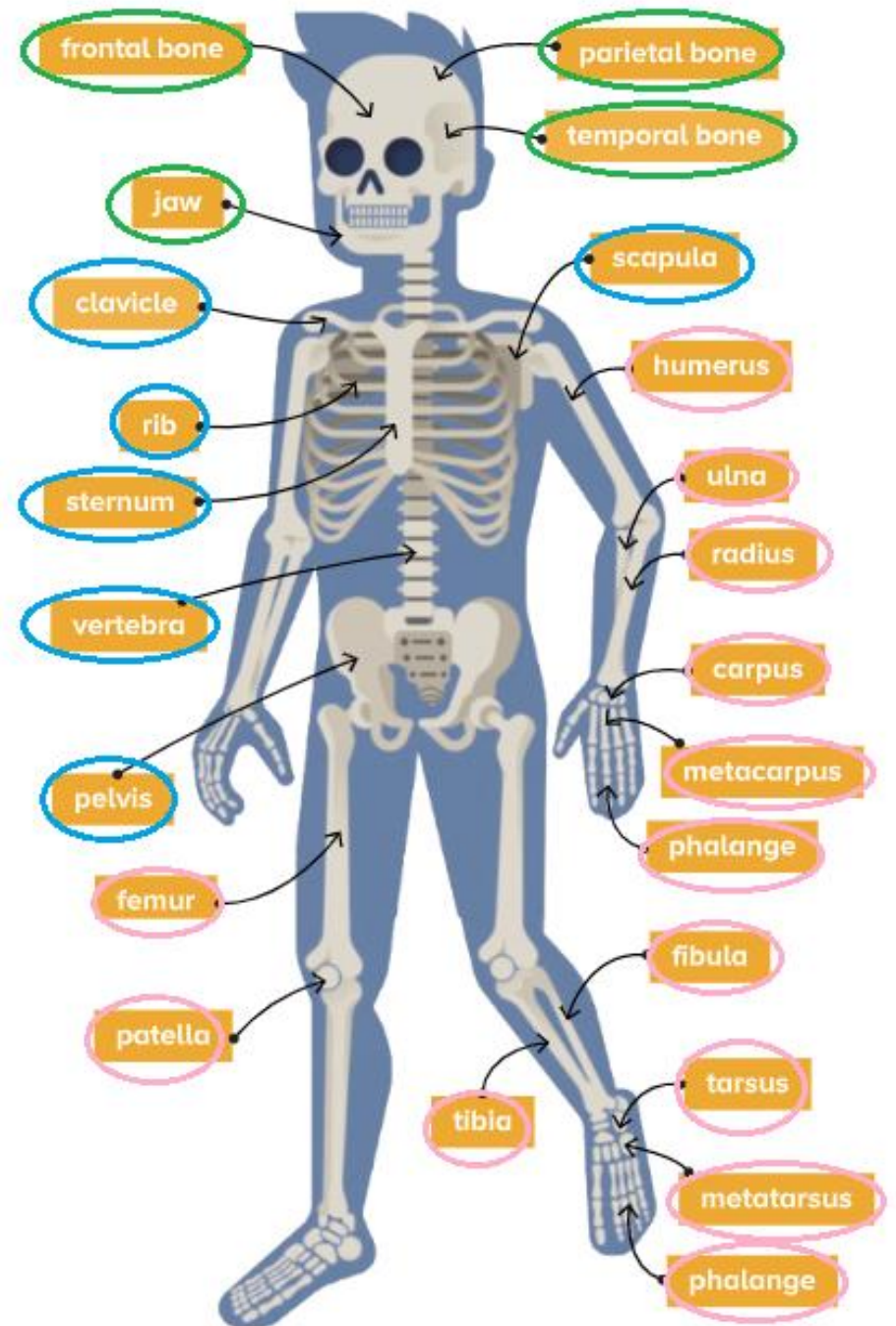
Trunk: the backbone, ribs and sternum protect



the spinal cord, the heart and lungs.



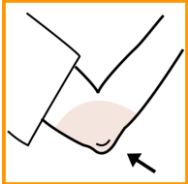

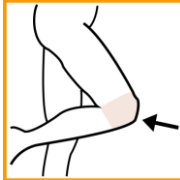
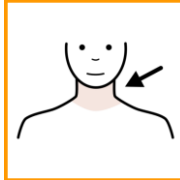
Limbs: arms and legs.



ACTIVITY 1



Write the name of the **joints**.

ACTIVITY 2.

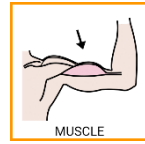
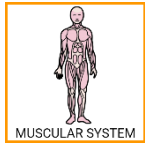


Cut and paste in the right place the **name of the bones**.

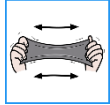
HEAD	TRUNK	LIMBS

femur	sternum	jaw	fibula	temporal bone	scapula
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OUR MUSCULAR SYSTEM



The **muscular system** is made up of **muscles**.

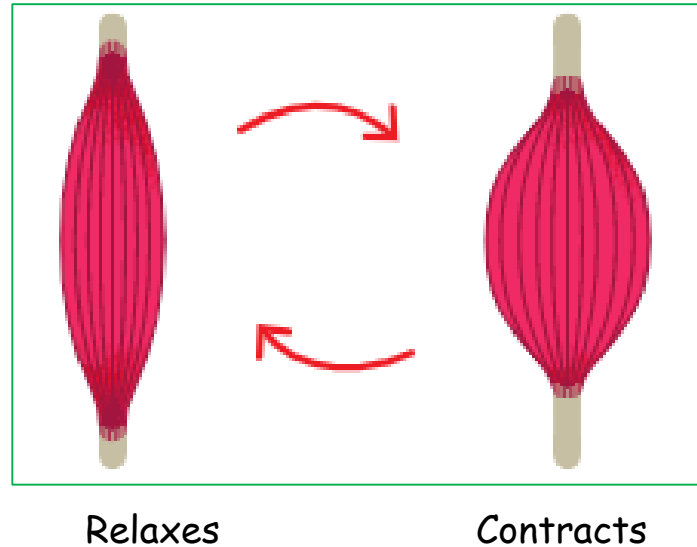


→ **Muscles** are **elastic** organs.



→ Many **muscles** are attached to the bones by **tendons**.

→ **Muscles** **relaxes** and **contracts**.



MUSCLES

Muscles are organised in 3 parts:

Head: We use the **muscles** for **speaking**,



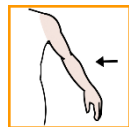
chewing and **smiling**.



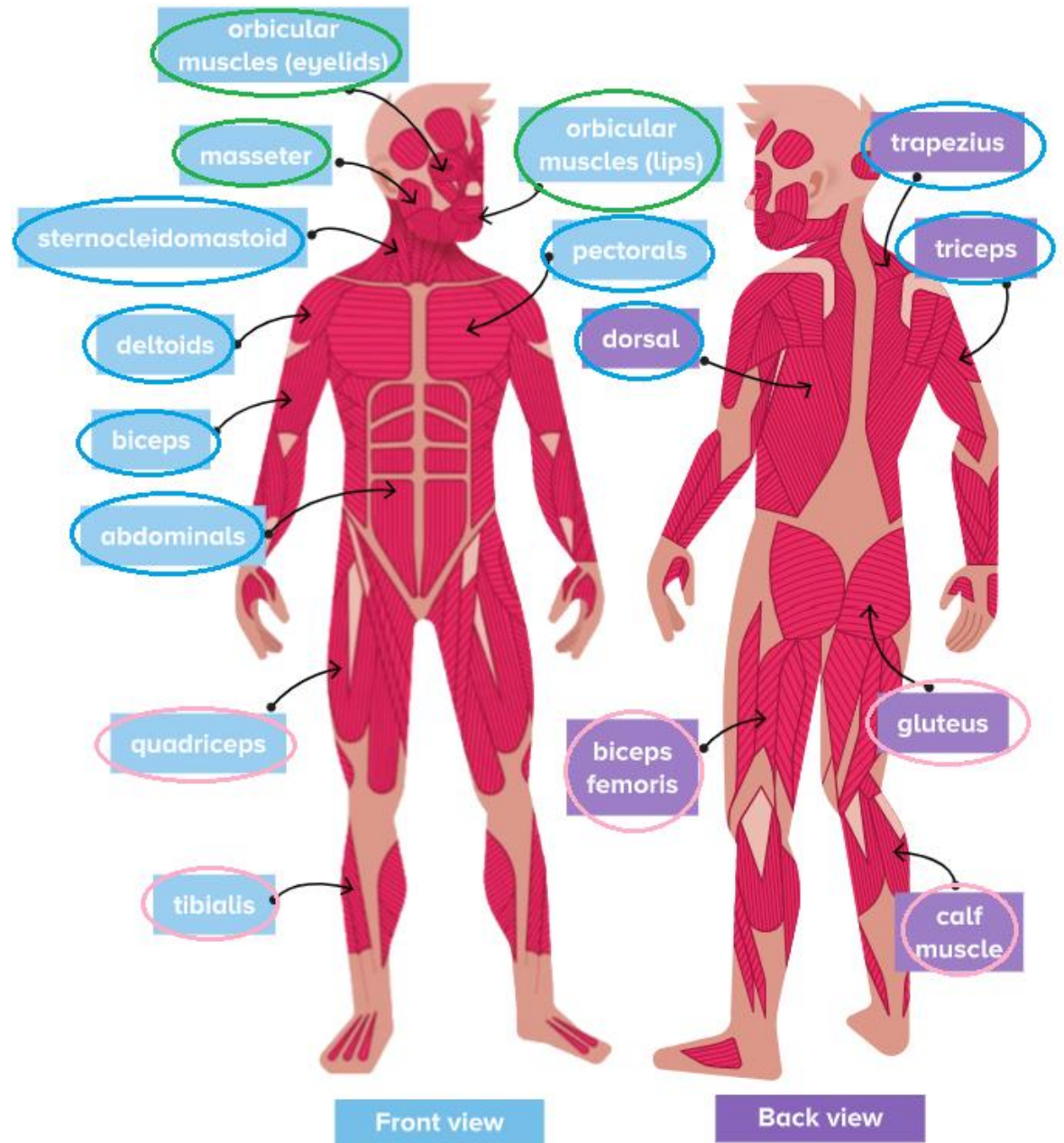
Trunk: the **muscles** support the **backbone**



and help us to **breathe**.



Limbs: muscles move our **arms** and **legs**.



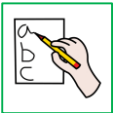
ACTIVITY 3



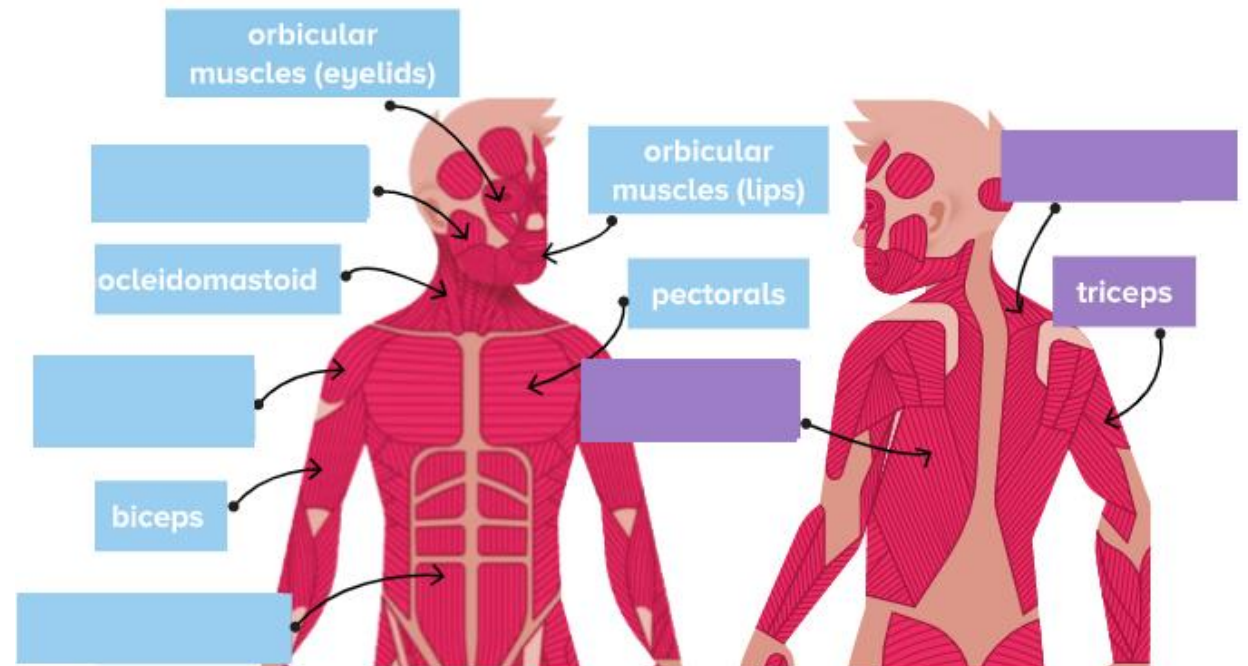
Circle the correct word.

- a) Muscles are *rigid* / *elastic* organs.
- b) Muscles are attached to the bones with *ligaments* / *tendons*.
- c) Muscles support the *lungs* / *backbone*.
- d) The muscular system is made up of *muscles* / *bones*.

ACTIVITY 4



Write the name of the missing muscles.

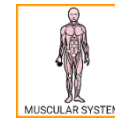


SKELETAL AND MUSCULAR WORK

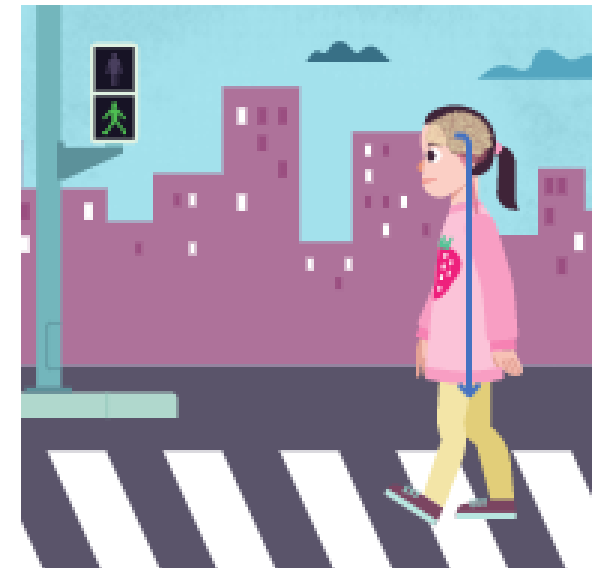
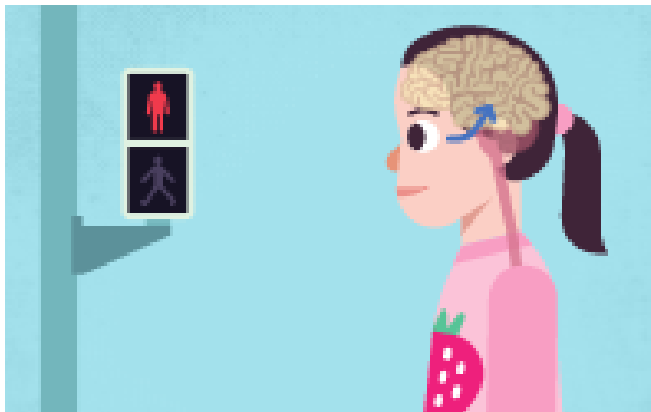
When we **detect** something we **respond**.



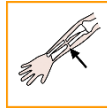
Our **skeletal** and **muscular** systems move the body to **respond**.



The **sense organs** detect the stimulus → the **brain** decides the action → the **muscles** move the body.


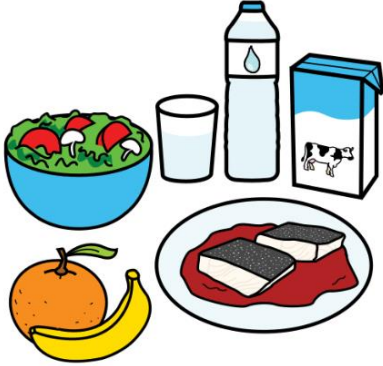
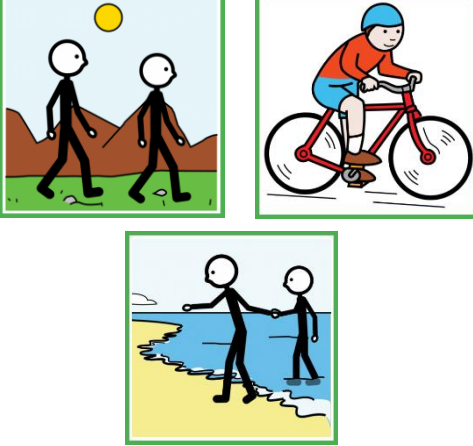




WE KEEP OUR SYSTEMS HEALTHY



Our **bones, muscles and joints** can be **injured**.

We need to **protect** them. We have to:

Do exercise.	Have a healthy diet	Spend time outdoors	Have a good posture
 <p>DO EXERCISE</p>	 <p>HEALTHY DIET</p>		 

ACTIVITY 5



Cross the unhealthy habits.

