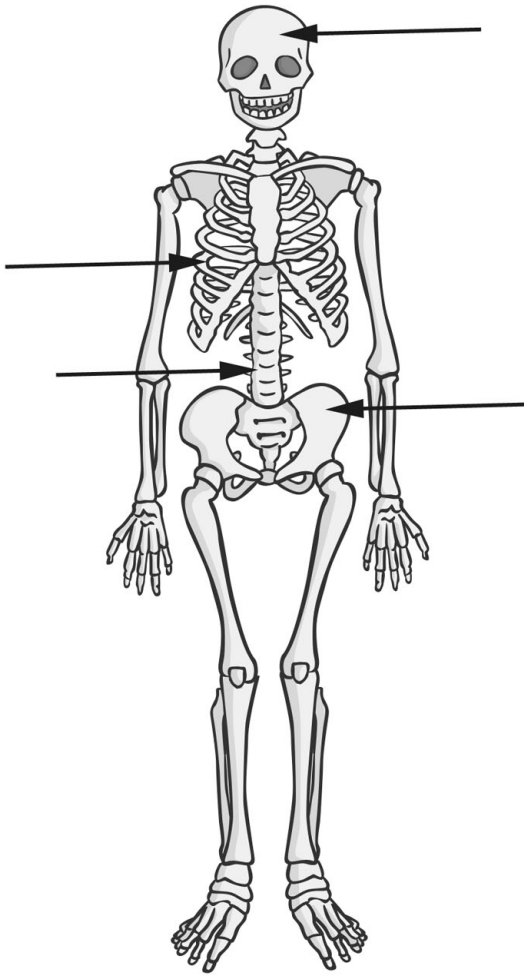


Moving and Growing

Label the skeleton



1. Write three functions of the skeleton.

2. What connects our bones together so we can move?

connections ☐ joints ☐ fractures ☐ ligaments ☐

3. What is the correct name for a broken bone?

fractures ☐ bruise ☐ fissure ☐ snap ☐

Moving and Growing

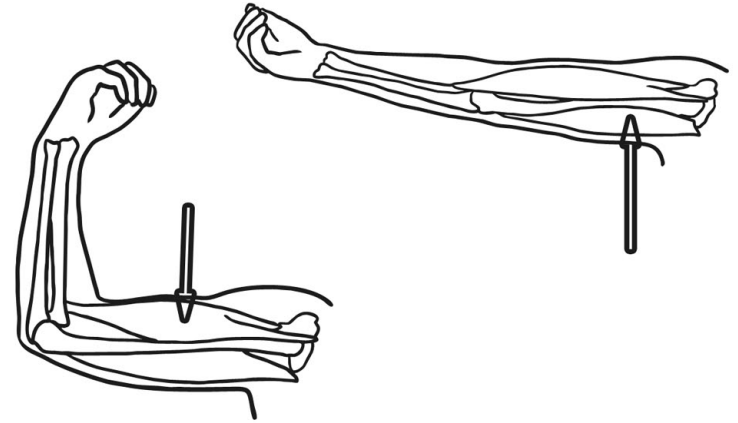
4. Draw a line to match the body's organs with their function.

Brain	Pumps blood around the body
Lungs	Breaks down food
Heart	Controls our body
Stomach	Helps us to breathe

5. What keeps our bones and muscles healthy? Tick three boxes.

- Washing our hands ☐ Getting the right amount of sleep ☐
- Taking regular exercise ☐ Eating a balanced diet ☐
- Eating only fruits and vegetables ☐ Eating only meat ☐

6. Label the muscles.



7. Describe what happens to the muscles just labelled when the lower arm is raised.

Moving and Growing

8. When we exercise we breathe more quickly. Explain why.

9. Explain why we produce sweat during exercise?

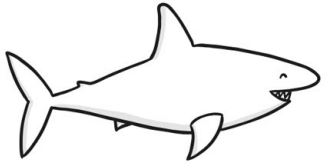
10. Why is a balanced diet important for both movement and growth?

11. What would happen to these athletes sporting performance if they stopped taking regular exercise and eating a balanced diet?

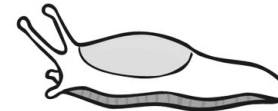
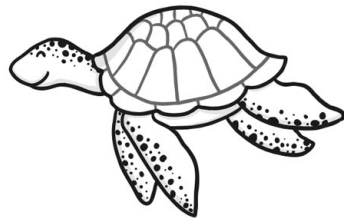
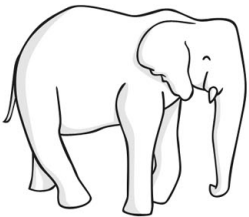


Moving and Growing

12. Which of these animals do not have a bone skeleton? Circle the correct answer.



13. Which of these creatures has an exoskeleton? Circle the correct answer.



Moving and Growing - Answers

1- 3 of the following:

Protection- protects the internal organs

Shape- gives shape to the body

Support- holds organs in place and the body upright

Movement- muscles are attached to bones which allows us to move

Blood production- blood cells are produced inside bone marrow of some bones

2- Joints

3- Fractures

4- Brain- Controls our body

Lungs- Helps us to breathe

Heart- Pumps blood around the body

Stomach- Breaks down food

5- Getting the right amount of sleep

Taking regular exercise

Eating a balanced diet

6- Top- biceps/ bottom- triceps

7- The bicep contracts and the triceps relax. The contracted muscle pulls and the bones move closer together, bending the arm.

8- Exercise causes you to breathe harder and deeper. The heart beats faster because your muscles need extra oxygen.

9- Exercise causes us to become hot and by sweating, our body can lose heat and cool us down a little.

10- Different kinds of foods contain different nutrients. We need to eat a balanced diet to give our bodies everything they need. Without certain nutrients our bodies cannot grow properly. Our food also contains energy which helps us to move.

11- Their performance would suffer as they would not get enough energy and other nutrients they need for competing. Exercising builds stamina and strength, which are important for athletes.

12- Worm, butterfly, snail.

13- Turtle, crab