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THE SKELETAL-MUSCULAR SYSTEM

Bones and muscles give our bodies their basic shape, move us from one place to another, and act as roll bars and bumpers to protect us in case of a crash.

WHAT THEY DO

Worksheet: *None*

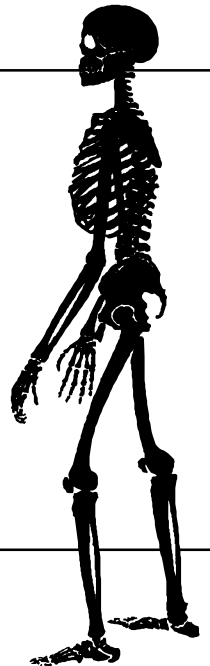
1. Ask learners what they think our bodies' bones and muscles do. Give everyone a chance to respond. Explain that bones and muscles give our bodies their basic shape, protect internal organs—such as the heart—and move us from one place to another.
2. Inform learners that, even though bones look and feel solid on the outside, they are actually porous, which means full of tiny holes. Bones constantly change to supply the body with calcium and phosphorus, make new blood cells, and destroy old ones. Bone marrow—tissue found in the center of the bone—also makes white blood cells and platelets.

SANDY SKELETON

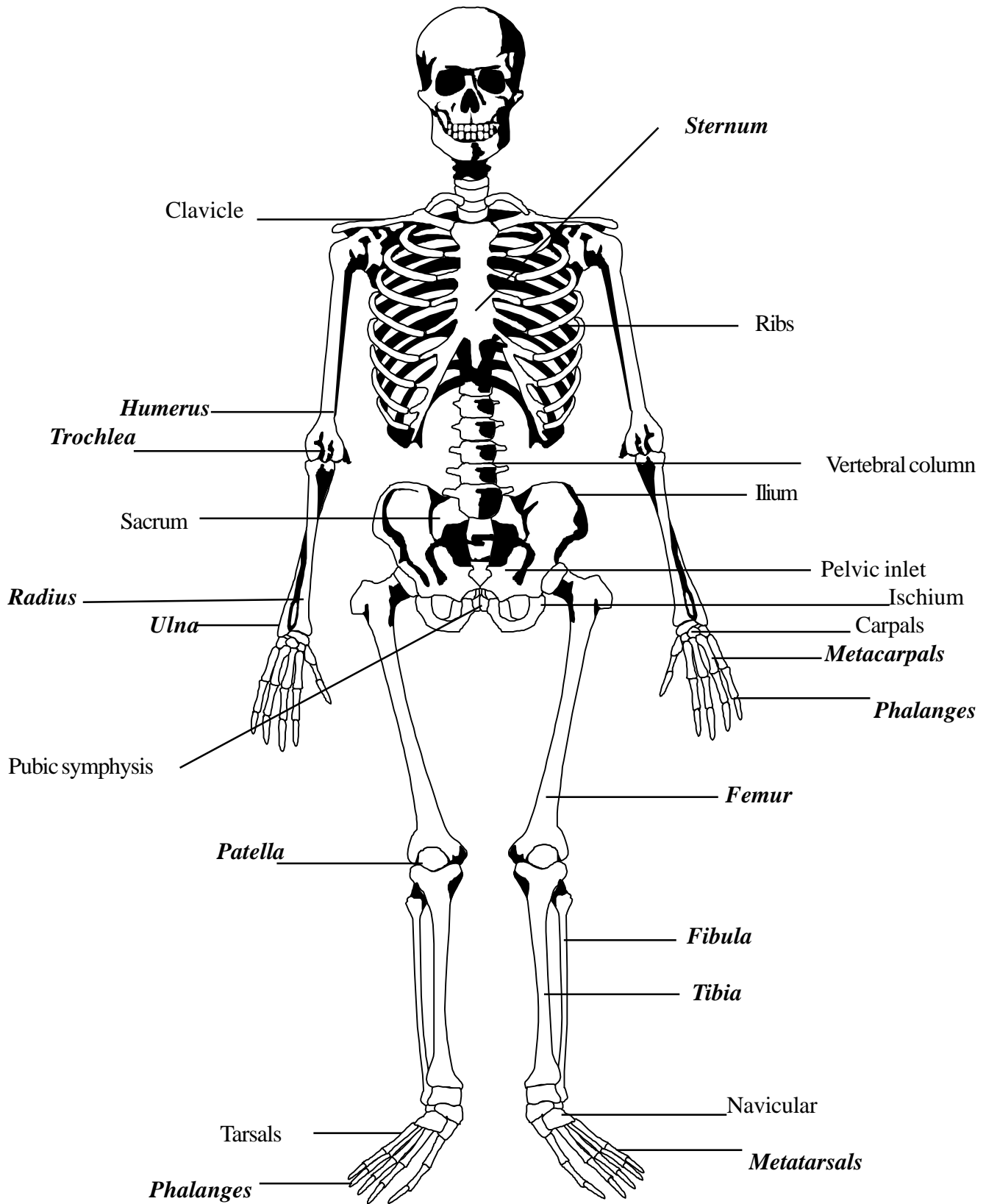
Worksheet: *Pages 45 and 46*

Learner's Workbook: *Pages 2 and 3*

1. A numbers game: the body has 208 bones, which make up about 25 percent of each person's weight. The foot, for example, contains 26 bones. Babies are born with 350 soft bones, which join and harden as they grow. Boys' bones usually reach their full length by age 18; girls by 16.
2. Distribute worksheet pages 45 and 46, Learner's Workbook pages 2 and 3. Review the worksheets with learners, having them identify each of the bones listed with those in their bodies. (Answers are on page 150 of this Manual.)



“SANDY SKELETON”



“SANDY SKELETON” (cont.)

Fill in the blanks using the Sandy Skeleton worksheet.

1. The large bone that connects both sides of the ribs is called _____.
2. The upper arm bone is called _____.
3. The two bones that make up the forearm are called _____ and _____.
4. The elbow bone is called the _____.
5. The upper leg bone is called _____.
6. The kneecap bone is called the _____.
7. The two lower bones that make up the calf area are called _____ and _____.
8. The tips of the finger and toe bones are called _____.
9. The carpals and _____ make up the rest of the hand bones.
10. The tarsals and _____ make up the rest of the foot bones.

