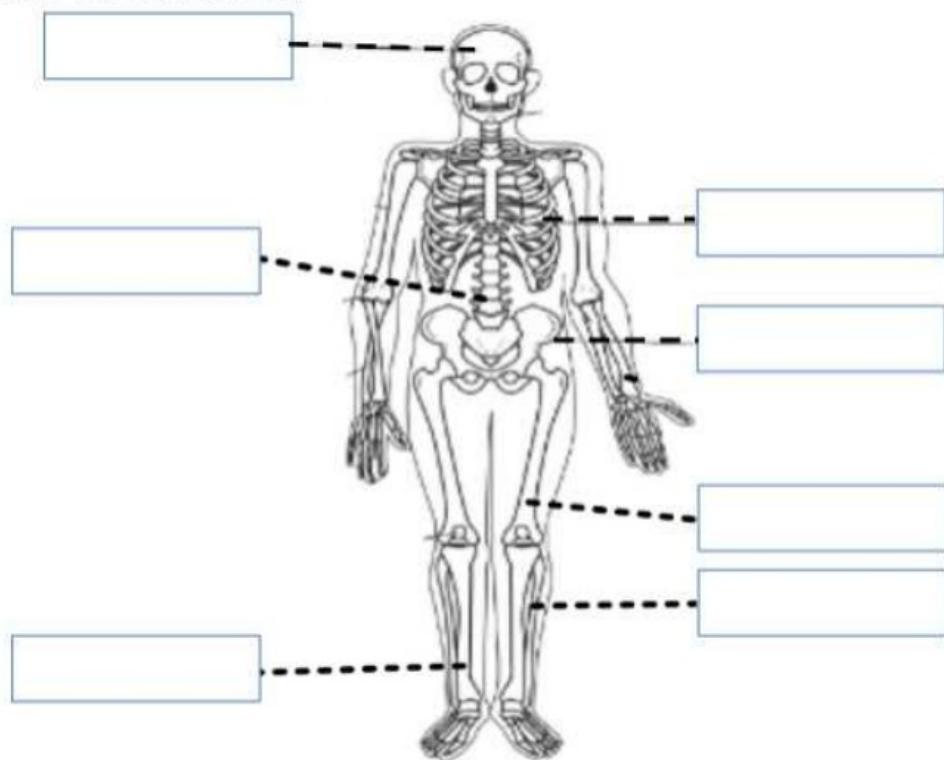


Date: _____

Chapter 1, Practice Worksheet

1. Look at the diagram of the skeleton.

- a. Label the skeleton.



- b. Fill in the blanks.

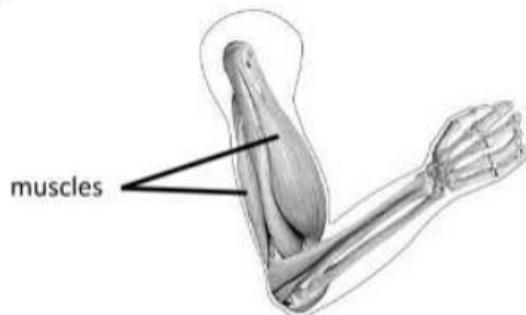
- The skeleton is made up of _____.
- Name the bone which protects the brain. _____
- Name 3 bones that make up the arm bones.
_____ , _____ , _____

2. The following picture shows two muscles in each of our arms which are the _____. Circle one answer:

hamstring and biceps

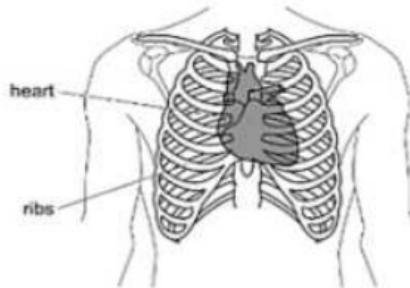
triceps and biceps

hamstring and quadriceps



3. The picture shows the position of the heart in the body.

What is the function of the rib cage?

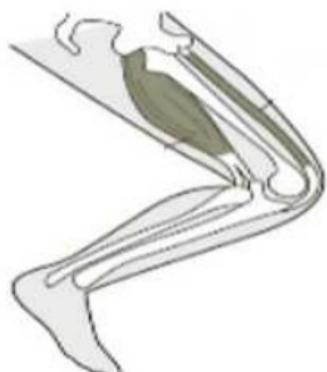


4. Yuri investigates how legs move.

Look at the picture of the legs.

a. Name the muscle that contracts to make this

leg bend at the knee. _____



b. What happens to the other muscle?

5. Organise the characteristics of the Skeletal System and the Muscular System by copying the corresponding letter of each statement.

a	It is made up of bones.
b	You make it stronger by exercising.
c	It supports and gives structure to our body.
d	It protects important organs.
e	They contract to help our body move.
f	The strongest is the heart.
g	Its components work in pairs.
h	It stores calcium and contains the marrow.

skeletal system	muscular system

6. Fill in the blanks.

_____ : animals that do not have a backbone

_____ : parts of the body that cover our skeleton and work with bones to make us move

_____ : column of bones that supports the body

_____ : a structure in the body made of bones

_____ : tools that help us to identify different objects, materials or living things

_____ : animals that have a backbone

_____ : hard skeleton outside the body of an animal

_____ : hard parts inside the body that form the skeleton