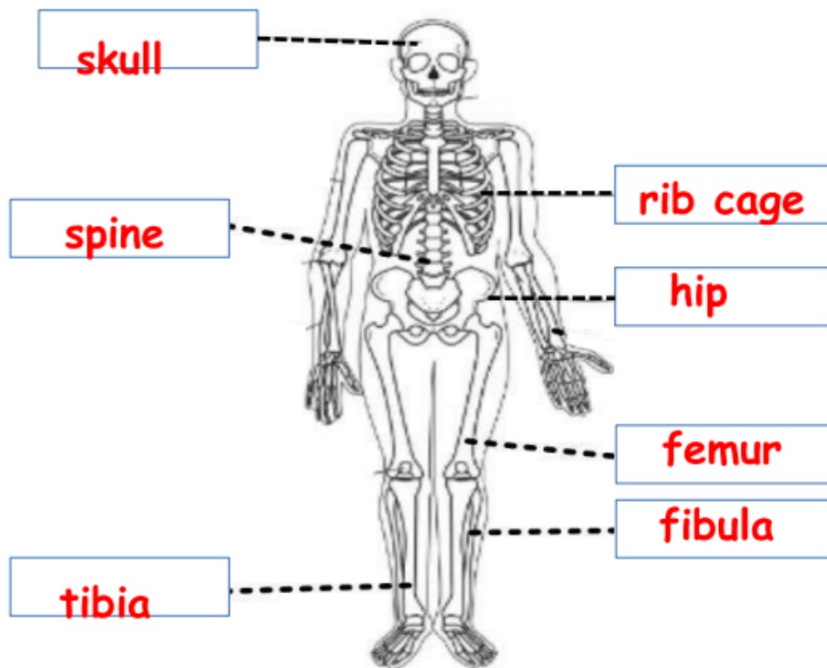


Date: \_\_\_\_\_

### Chapter 1, Practice Worksheet

1. Look at the diagram of the skeleton.

a. Label the skeleton.



b.

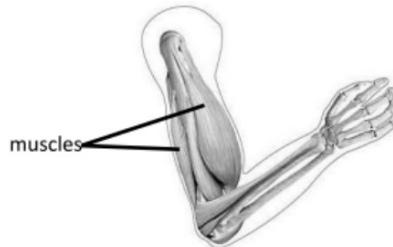
Fill in the blanks.

- a) The skeleton is made up of bones.
- b) Name the bone which protects the brain. skull
- c) Name 3 bones that make up the arm bones.

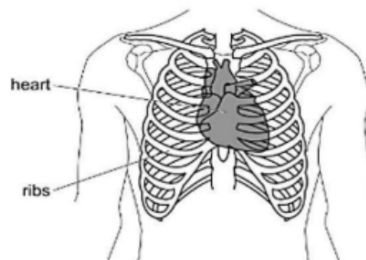
humerus , radius , ulna

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.

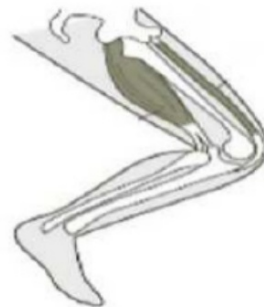


What is the function of the rib cage?

It protects the heart and lungs.

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. hamstrings

b. What happens to the other muscle?

It relaxes.

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

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

| skeletal system | muscular system |
|-----------------|-----------------|
| a               | b               |
| c               | e               |
| d               | f               |
| h               | g               |
|                 |                 |

6. Fill in the blanks.

invertebrates : animals that do not have a backbone

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

spine : column of bones that supports the body

skeleton : a structure in the body made of bones

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

vertebrates : animals that have a backbone

exoskeleton : hard skeleton outside the body of an animal

bones : hard parts inside the body that form the  
skeleton