

Nova's Guide to Skeletons and Muscles

Get Moving! Discover the Amazing Machinery Inside Your Body!

- The skeleton provides a strong frame that gives the body shape and support, helping us to stand tall.
- Bones act like armour to protect our delicate organs; for example, the ribcage protects the heart and lungs.
- Joints are the places where two or more bones meet, acting like hinges that allow our bodies to bend and move.
- Muscles are attached to bones by tough cords called tendons, and they move the body by pulling on the bones.
- Muscles work in pairs; when one muscle contracts (shortens), the other relaxes to allow movement at the joint.
- Animals with a backbone are called vertebrates, while animals without a backbone, like a jellyfish, are called invertebrates.

Did you know? Did you know? Even though your bones feel hard and solid, they are actually alive! They grow as you grow, and they contain a special substance called bone marrow that makes new blood cells for your body every single day.

Key vocabulary: Skeleton · Vertebrate · Invertebrate · Joint · Muscle · Support · Protection