

## Nova's Science Sketchbook: Skeletons and Muscles

*Learning objective: To identify and label the main parts of the human skeleton and understand how muscles work with bones to create movement.*

Follow the drawing prompt carefully to complete your diagram. Once your drawing is finished, use the word bank to label the key parts of the human body. Think about how the skeleton protects our organs and helps us move.

**Draw:** Draw a large, clear outline of a human body in the centre of your page. Inside the outline, sketch the skeletal structure using simple lines and shapes for bones. Add a bicep muscle on one arm to show how it connects to the bone. Use a pencil for the bones and a coloured pencil for the muscle. Ensure the drawing is large enough to clearly write labels with arrows pointing to the correct parts.



*Label words: Skull · Rib cage · Femur · Joint · Muscle · Spine*

### Steps:

1. Step 1: Draw an outline of a human figure. Inside the body, draw the 'Skull' at the top and the 'Rib cage' in the centre of the chest. Label these parts.
2. Step 2: Draw the 'Spine' running down the centre of the back and one 'Femur' (thigh bone) in the leg. Label these parts.

3. Step 3: Draw a 'Joint' at the elbow and a 'Muscle' attached across the upper arm bone. Label these parts.
4. Why is it important for our rib cage to be made of hard bone? Think about the organs it protects.
5. Explain what happens to your arm muscle when you bend your elbow to lift a heavy book.