

Max's Amazing Skeleton and Muscles

Learning objective: To identify that humans and some other animals have skeletons and muscles for support, protection, and movement.

Max the monkey is learning how his body moves. Look at the labels below. Draw a line to match each body part to its job. Then, fill in the missing words in the sentences using the word bank.

Word bank: muscles · skeleton · bones · protection · support

1. Match the body part to its job:

- Skeleton ---- A) Pulls on bones to help us move

- Muscles ---- B) Gives our body shape and protects organs (2 marks)

2. Our _____ is made of many hard _____ that hold us up. (2 marks)

3. The ribcage acts like a shield. It gives our heart and lungs _____. (1 mark)

4. We use our _____ to jump, run, and play like Max the monkey. (1 mark)

Draw: Draw a picture of yourself jumping. Draw an arrow pointing to your leg and label it 'Muscle', and an arrow pointing to your arm and label it 'Bone'.



Extension challenge: Max has a challenge! Find out which animal has an 'exoskeleton' (a skeleton on the outside of its body). Write the name of one animal below.