

Nova's Skeleton and Muscle Map

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

Follow the steps below to complete your diagram. Use the word bank to help you label the parts of the body.

Draw: Draw a clear, front-facing outline of a human figure in the centre of the page. Use a pencil to sketch the bones inside the body like a puzzle. Keep the lines neat. You may use a blue pencil for bones and a red pencil for muscles to make them easy to see.



Label words: Skull · Ribs · Spine · Muscle · Joint

Steps:

1. Step 1: Draw a simple outline of a human figure. Label the bone that protects the brain as the 'Skull'.
2. Step 2: Draw the cage of bones that protects the heart and lungs. Label these as the 'Ribs'.
3. Step 3: Draw a line down the middle of the back. Label this long bone the 'Spine'.
4. Step 4: Draw a bicep on the arm. Label this as a 'Muscle'.
5. Step 5: Draw a circle at the elbow where the bones meet. Label this a 'Joint'.