

Nova's Amazing Skeleton and Muscles Guide

Get Moving with Nova: Discover how your body works!

- The skeleton is a strong frame of bones that gives our bodies shape and support.
- Our skull acts like a hard helmet to protect our brain from bumps.
- Muscles are attached to our bones. When muscles pull on bones, they help us move.
- A joint is the place where two bones meet, like your elbow or your knee, allowing you to bend.
- The ribcage acts like a sturdy cage to keep our heart and lungs safe inside our chest.

Did you know? Did you know? An adult human has 206 bones in their body, but when you were born as a tiny baby, you had about 300! Some of these bones fuse together as you grow up.

Key vocabulary: Skeleton · Muscle · Bone · Support · Protect · Joint · Movement