

Nova's Skeleton and Muscle Quiz

Learning objective: To identify the functions of the skeleton and muscles and how they work together to help us move.

Hello! I am Nova the owl. Let's see what you know about how our bodies move. Read each question carefully. Use the word bank to help you spell the tricky words. Good luck!

Answer Key: 1. A (Skeleton), 2. True, 3. False, 4. B (Protection), 5. Muscles, 6. True, 7. Joints, 8. C (Contract), 9. Ribs, 10. Skull.

Word bank: skeleton · muscles · support · protection · joints · bones · move · skull · ribs · contract

1. What is the frame of bones inside our body called? A) A skeleton* B) A shell C) A skin (1 mark)

2. True or False: Our bones help us to stand up straight. (1 mark)

3. True or False: We have the same number of bones as a baby. (1 mark)

4. What do our bones do for our brain? A) Keep it warm B) Protection* C) Help it grow (1 mark)

5. What works with bones to help us move? (Hint: They pull on the bones) (1 mark)

6. True or False: Muscles can only pull; they cannot push. (1 mark)

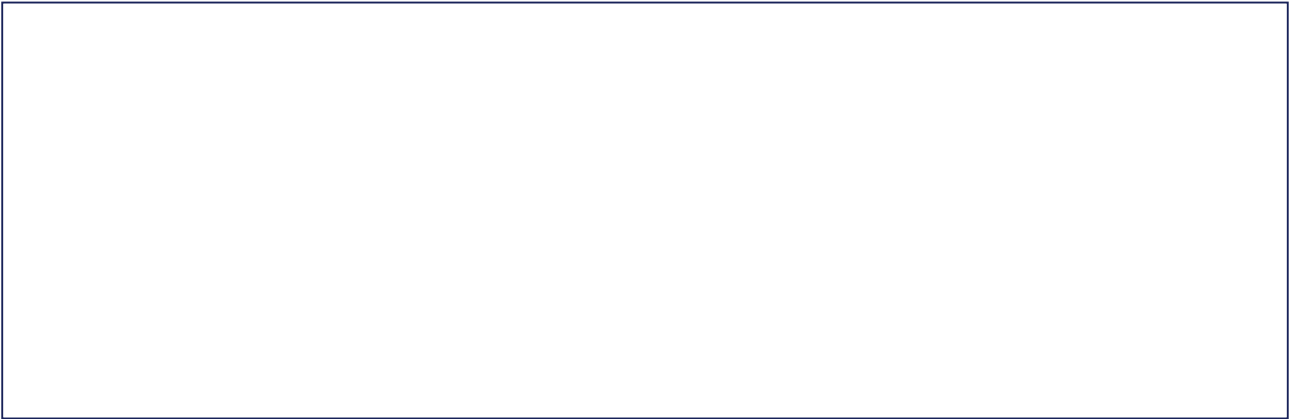
7. What do we call the places where two bones meet, like our elbows or knees? (1 mark)

8. What do muscles do to make a bone move? A) Sleep B) Hide C) Contract* (1 mark)

9. Which bones protect your heart and lungs? (1 mark)

10. Which bone protects your brain? (1 mark)

Draw: Draw a simple stick person and label the 'arm bone' and the 'muscle' that helps the arm bend.



Extension challenge: Nova wants to know: If humans had no bones, what would we look like? Write one sentence about your idea.