

Nova's Skeleton and Muscle Discovery Cards

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

Read the front of the card to test your knowledge of how the human body works. Use the 'Greater Depth' section to challenge your understanding of anatomy.

What are the three main functions of the human skeleton?

The skeleton provides support for our bodies, protection for delicate organs, and allows for movement.

Which part of the skeleton acts as a 'helmet' to protect the brain?

The skull.

What is the function of the ribcage?

The ribcage protects vital organs such as the heart and the lungs.

What do we call the place where two or more bones meet, allowing movement?

A joint.

How do muscles help us move?

Muscles pull on bones. When a muscle contracts (shortens), it pulls the bone to create movement.

What is the name of the long chain of bones that supports our back and protects the spinal cord?

The spine or vertebral column.

True or False: Muscles work in pairs to move bones.

True. One muscle pulls while the other relaxes.

What is a vertebrate?

A vertebrate is an animal that possesses an internal skeleton made of bone or cartilage.

Why are joints essential for our survival?

Without joints, our skeleton would be rigid, making it impossible to walk, reach, or manipulate objects.

What is the difference between an exoskeleton and an endoskeleton?

An endoskeleton is inside the body (like humans), while an exoskeleton is a hard outer shell (like a crab).