

Nova's Guide to Skeletons and Muscles

Get Moving! Discover the hidden framework that keeps you standing tall.

- **What are the three main purposes of a skeleton? Think about how it keeps your body upright, protects delicate organs like the heart, and works with muscles to help you walk or run.**
- **How do muscles move bones? Muscles can only pull; they work in pairs to contract and relax, acting like a bridge across a joint to create movement.**
- **Why is a joint so important? Joints are the clever meeting points where bones connect, allowing you to bend your elbows, knees, and fingers with ease.**
- **What is the difference between a vertebrate and an invertebrate? Vertebrates have an internal skeleton (endoskeleton) to support their bodies, whereas some creatures have no internal bones at all.**
- **Where is your protective armour? Your skull acts as a sturdy helmet for your brain, while your ribcage acts as a flexible cage to shield your lungs and heart from injury.**

Did you know? Did you know that an adult human skeleton is made up of 206 bones? When you were born, you actually had around 300! As you grow, some of your smaller bones fuse together to form larger, stronger structures.

Key vocabulary: Skeleton · Vertebrate · Skull · Ribcage · Joint · Muscle · Contract · Support