

Nova's Guide to the Human Body

Learning objective: To identify and describe the functions of the human skeleton and muscles.

Read the text carefully. Use the word bank to help you spell the tricky words. Answer the questions in the boxes provided.

Nova the barn owl loves to learn about how human bodies work. Humans have a strong frame inside them called a skeleton. This is made of many hard bones. The skeleton is very important because it holds the body up and keeps it in shape. It also acts like a shield to protect soft parts inside, such as the heart and the lungs. Without a skeleton, a person would be as floppy as a piece of string! However, bones cannot move on their own. To move, humans need muscles. Muscles are attached to the bones. When a muscle gets shorter, it pulls on the bone to make it move. This is how humans walk, jump, and wave hello. By working together, the skeleton and the muscles help humans run and play all day long. Some bones are very big, like the ones in your legs, while some are tiny, like the ones in your ears. Taking care of your bones by eating healthy food is a great way to stay strong.

Word bank: skeleton · muscles · bones · support · protect · move

1. What are two jobs that the skeleton does for the human body? (2 marks)

2. What do muscles need to do to make a bone move? (2 marks)

3. Why does the author say a human would be 'floppy' without a skeleton? (2 marks)

4. What might happen to a human if they did not have any muscles attached to their bones? (2 marks)

5. Why do you think it is important for humans to have both bones and muscles? Explain your answer. (2 marks)

Draw: Draw a picture of a human skeleton and label one bone and one muscle.



Extension challenge: Find out the name of the longest bone in the human body and write it down.