

Nova's Guide to Skeletons and Muscles

Get Moving: Discover the Amazing Machinery Inside You!

- The skeleton provides a strong frame to support our body and protects vital organs like the heart and lungs.
- Joints are the clever places where two or more bones meet, allowing our bodies to bend, twist, and reach.
- Muscles are attached to bones by tough cords called tendons; when a muscle contracts, it pulls on the bone to create movement.
- Muscles often work in 'antagonistic pairs' because they can only pull, not push—one muscle pulls to move a bone, while the other pulls it back.
- Vertebrates are animals that possess an internal backbone, which acts as the central pillar for the entire body structure.
- Without our skeletal system, we would be unable to stand upright or move effectively, as we would lack the necessary structure to anchor our muscles.

Did you know? Did you know? A human baby is born with around 300 bones, but by the time you reach adulthood, many of these bones have fused together, leaving you with exactly 206 bones in your adult skeleton!

Key vocabulary: Skeleton · Vertebrate · Joint · Muscle · Support · Protection · Antagonistic pair