

Nova's Skeleton and Muscle Science Quiz

Learning objective: Identify the main functions of the skeleton and how muscles work in pairs to move the body.

Help Nova the owl test her knowledge! Read each question carefully and circle the correct answer or write your response in the space provided.

Answer Key: 1. B (Protection), 2. True, 3. False (Muscles pull, they do not push), 4. Joints, 5. True, 6. Femur, 7. Antagonistic, 8. False (They contract), 9. Support, 10. Cranium. Each correct answer is worth 1 mark.

Word bank: Skeleton · Joints · Muscles · Support · Protection · Antagonistic · Femur · Cranium · Biceps · Triceps

1. 1. What is the primary function of the ribcage? A) Digestion B) Protection of organs* C) Movement D) Growing hair (1 mark)

2. 2. True or False: Humans have an endoskeleton (a skeleton on the inside). (1 mark)

3. 3. True or False: Muscles work by pushing bones away from each other. (1 mark)

4. 4. What do we call the places where two bones meet, allowing movement? (1 word) (1 mark)

5. 5. True or False: The skeleton provides a framework to support the body. (1 mark)

6. 6. Which is the longest bone in the human body? A) Humerus B) Cranium C) Femur* D) Rib (1 mark)

7. 7. What is the name of the 'pulling' pair system where one muscle contracts and the other relaxes? (1 word) (1 mark)

8. 8. True or False: When a muscle relaxes, it gets shorter and fatter. (1 mark)

9. 9. Which of these is NOT a function of the skeleton? A) Movement B) Protection C) Support D) Making oxygen* (1 mark)

10. 10. What is the scientific name for the skull? (1 word) (1 mark)

Draw: Draw a diagram of a human arm showing the biceps and triceps. Label the two muscles and draw arrows to show how they move when the arm bends.



Extension challenge: Nova wants to know: If humans didn't have any joints, how would our daily lives be different? Write three sentences explaining the challenges we would face.