

Nova's Amazing Human Body Guide

Get ready to explore the marvellous machine that is your body with Nova the Owl!

- Your skeleton provides the main structure for your body, helping you stand tall and move around.
- The cranium is a hard, bony helmet that protects your brain from bumps and knocks.
- Your ribcage acts like a sturdy cage to keep your heart and lungs safe inside your chest.
- Muscles are attached to your bones by tendons; when they tighten or 'contract', they pull your bones to make you move.
- Joints are the clever places where two or more bones meet, allowing your body to bend, twist, and reach.

Did you know? Did you know? When you were born as a tiny baby, you had around 300 bones in your body! As you grow up, some of those bones fuse together. By the time you are an adult, you will have 206 bones in your skeleton.

Key vocabulary: skeleton · muscles · support · protection · joints · cranium · ribcage