

Nova's Guide to the Human Body

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

Use this writing frame to explain how our bodies move and stay strong. Think about what Nova the owl has taught us about bones and muscles working together. Use the word bank to help you link your ideas.

Our bodies are incredible machines that rely on a strong frame and powerful muscles to help us move, run, and play every single day.

Word bank: skeleton · support · protect · muscles · contract · joints · because · although · furthermore · in addition

1. The Skeleton: Start by describing what the skeleton does. Why do we need bones? Start your paragraph with: The human skeleton is important because... (2 marks)

2. Protecting Organs: Which parts of the body do bones keep safe? Start your paragraph with: Some bones have the special job of protecting our organs, for example... (2 marks)

3. Muscles and Movement: How do muscles help us move? Start your paragraph with: Muscles are attached to bones and they help us move by... (3 marks)

4. Joints: What happens at a joint? Start your paragraph with: A joint is the place where two bones meet, which allows us to... (2 marks)

5. Healthy Bodies: What should we do to keep our bones and muscles healthy? Start your paragraph with: To keep our skeleton and muscles strong, we should... (2 marks)

Extension challenge: Research one type of joint in the human body, such as a hinge joint or a ball-and-socket joint. Write two sentences explaining where you might find one and how it helps you move.