

Nova's Guide to the Marvellous Human Frame

Get Moving and Stay Groovy: Discover the Power Within Your Bones!

- The skeleton provides structural support for the body; without it, we would not be able to stand upright or move effectively.
- The cranium (skull), rib cage, and pelvis act as protective shields for our delicate internal organs such as the brain, heart, and lungs.
- Joints are the clever connection points where two or more bones meet, allowing for a wide range of motion, such as hinges in elbows or ball-and-socket joints in shoulders.
- Muscles work in 'antagonistic pairs' to create movement; while one muscle contracts (shortens) to pull a bone, its partner relaxes to allow the movement to complete.
- Tendons are incredibly strong, fibrous cords that act like biological ropes, firmly attaching our muscles to our bones so that when muscles pull, the bones move.

Did you know? Did you know? Even though you were born with approximately 300 bones, by the time you reach adulthood, many of these will have fused together, leaving you with exactly 206 bones in your body! Some of these bones, like those in your skull, are fused to provide maximum protection for your brain, while others remain flexible to help you dance and play.

Key vocabulary: Skeleton · Vertebrates · Support · Protection · Antagonistic muscle pair · Joints · Tendons · Contract