

Nova's Anatomy Adventure: Skeletons and Muscles

Learning objective: To identify and label the functions of the human skeleton and understand how muscles work with bones to create movement.

Follow the drawing prompt to create your own anatomical model. Use the word bank to label the key parts of the human arm and chest, then answer the questions to explain how they work together.

Draw: Draw a clear, large diagram of a human arm bent at the elbow. In your drawing, show the bicep muscle bulging on the front of the arm and the tricep muscle on the back. Draw the Humerus bone inside the upper arm. Include a circle at the elbow to represent the joint. Use neat lines to connect your labels from the word bank to the correct parts of your drawing.



Label words: Skull · Ribcage · Bicep · Tricep · Humerus · Joint · Tendon

Steps:

1. Explain why the ribcage is an important part of the skeleton.
2. What is the role of a tendon in the human body?
3. When you bend your arm at the elbow, which muscle contracts to pull your forearm up?
4. Label your drawing to show where the humerus is located.
5. Why do muscles usually work in pairs to move a limb?