

Nova's Guide to Skeletons and Muscles

Get Moving with Nova: Discover the Amazing Framework Inside You!

- Your skeleton acts like a strong frame that gives your body its shape and provides support so you can stand tall.
- Bones work to protect your delicate organs; for example, your ribcage acts like a shield to keep your heart and lungs safe.
- Joints are the clever places where two or more bones meet, allowing your body to bend, twist, and move in different directions.
- Muscles are attached to your bones by tough cords called tendons; when muscles contract, they pull on the bone to create movement.
- Muscles always work in pairs to move your limbs—one muscle pulls to bend the joint, and the other pulls to straighten it back out.

Did you know? Did you know? Adult humans have 206 bones in their bodies, but babies are born with around 300! As a baby grows, some of those smaller bones fuse together to form larger, stronger ones.

Key vocabulary: Skeleton · Muscle · Support · Protection · Joint · Movement