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