Nova’s Guide to Skeletons and Muscles

Learning objective: To identify that humans and some other animals have skeletons and muscles for support, protection, and movement.

Use this writing frame to describe how our bodies work. Nova the owl wants to know how you stay upright and move around! Use the word bank to help you write full, descriptive sentences.

Our bodies are amazing machines that rely on a strong skeleton and powerful muscles to help us move, stand, and play.

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

1. The Purpose of the Skeleton: Start by explaining what a skeleton is for. You could use these ideas: The skeleton gives our body shape and protects our delicate organs. My skeleton helps me to... (2 marks)

2. How We Move: Describe how muscles and bones work together. Think about how muscles pull on the bones to create movement. Muscles work by... (2 marks)

3. Joints and Flexibility: Why are joints important for our bodies? Without joints, our limbs would be stiff, but because of joints, I am able to... (2 marks)

4. Comparing Animals: Nova has a skeleton, but what about other animals? Can you name an animal that has a skeleton and one that does not? An animal with a skeleton is a..., whereas an animal without one is a... (2 marks)

5. Conclusion: Summarise why it is important to look after our bones and muscles. To keep my skeleton and muscles healthy, I should... (2 marks)

Extension challenge: Research an animal with an exoskeleton, like a crab or a beetle. Write three sentences explaining how its 'shell' is different from your internal skeleton.