Nova’s Guide to Skeletons and Muscles

Get Moving with Nova: Unlocking the Secrets of Your Body!

- **The skeleton provides essential structural support for the body and protection for delicate internal organs, such as the brain and heart.**
- **Joints are the clever points where two or more bones meet, allowing our bodies to bend, twist, and reach for the stars.**
- **Muscles can only pull, not push! To move a limb, muscles work in antagonistic pairs where one muscle contracts while the other relaxes.**
- **Tendons are tough, flexible cords of tissue that act like strong ropes, attaching your muscles firmly to your bones.**
- **Your bicep and tricep work together in your upper arm; when you lift your hand towards your shoulder, the bicep contracts and the tricep relaxes.**

> *Did you know? Did you know? Humans are born with around 300 bones, but by the time you reach adulthood, many of these bones have fused together, leaving you with 206! This process helps our skeletons become stronger and more supportive as we grow.*

Key vocabulary: Skeleton · Vertebrate · Antagonistic pair · Bicep · Tricep · Joint · Tendon · Protection