# Supporting Our Bodies: Skeletons and Muscles

*Learning objective: To identify and explain the functions of the human skeletal and muscular systems, including how they work together to allow movement.*

Use this writing scaffold to describe how our bodies move. Use the word bank to help you link your ideas together. Ensure you explain the roles of the skeleton and the muscles clearly.

Our bodies are incredible machines that rely on the vital partnership between our skeleton and our muscles to function effectively.

*Word bank: framework · protection · antagonistic pair · contract · relax · tendon · joint · support · furthermore · consequently · in addition*

**1. The Role of the Skeleton: Describe at least two main functions of the human skeleton, using the starter: The skeleton acts as a vital framework for the body because... (2 marks)**

**2. Joints and Movement: Explain how joints allow us to move, using the starter: Movement is possible because joints connect our bones, and they function by... (2 marks)**

**3. Muscles in Action: Explain how muscles work in pairs to move a limb, using the starter: Muscles work in an antagonistic pair, which means when one muscle contracts, the other... (3 marks)**

**4. Connection to Bones: Describe how muscles are attached to the skeleton, using the starter: Muscles are attached to bones by strong cords of tissue called tendons, which allow... (2 marks)**

**5. Summary of Cooperation: Summarise why we could not move without both systems, using the starter: In conclusion, the skeleton and muscles must work in harmony because... (2 marks)**

*Extension challenge: Research what might happen to the body if a person suffered a broken bone or a torn tendon. How would this affect their ability to move? Write a short paragraph explaining the impact.*