

NAME

DATE

- 1 Read the text below and circle the correct words.

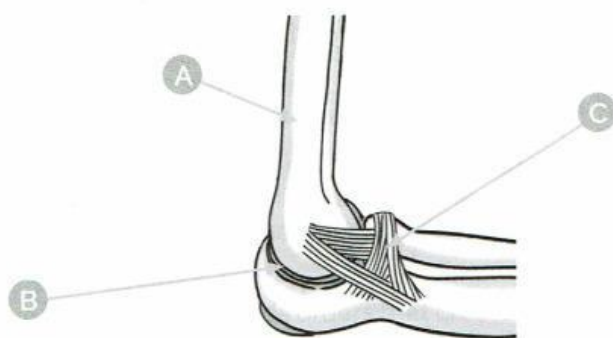
Bones/Muscles are hard, strong organs. They contain minerals, like calcium.

The bones of the skeleton meet at the limbs/joints. There are two types of joints: moveable joints and fixed joints. In moveable/fixed joints, the ends of the bones are covered in cartilage/tendon. This is a flexible tissue that stops the bones rubbing together.

- 2 What types of bones are these? Match.

frontal bone	•	•	short bone
vertebra	•	•	long bone
femur	•	•	flat bone

- 3 Name the parts of the elbow joint. Write *cartilage*, *ligament*, *bone*.



A
B
C

- 4 Read the statements and write *T* (true) or *F* (false).

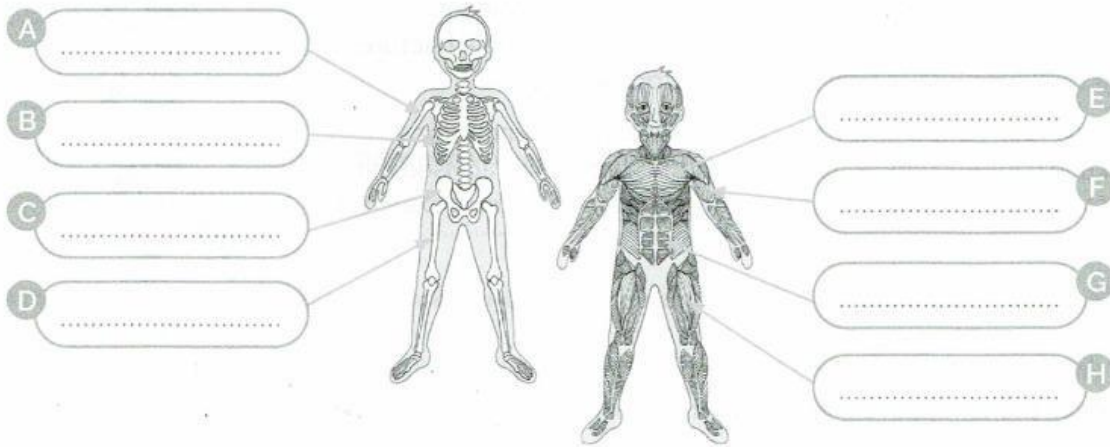
- ☐ Muscles are rigid organs.
☐ Muscles can contract or relax.
☐ The muscles that enable the body to move are called skeletal muscles.
☐ Many muscles are attached to the bones by ligaments.

- 5 What types of movements are these? Match.

voluntary actions	•	•	They are fast, involuntary actions that involve the spinal cord.
reflex actions	•	•	They are movements that involve the brain. We are conscious of doing them.

6 Label the bones and muscles.

femur – humerus – pelvis – ribs
abdominals – biceps – pectorals – quadriceps



7 Complete the sentences using these words: *flexes*, *extends*.

- When the biceps contracts, the arm
- When the biceps relaxes, the arm

8 What are antagonists? Circle.

A pair of muscles that make *opposite* / *the same* movements.

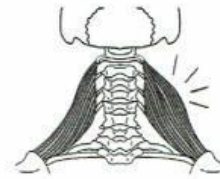
9 What common skeletal and muscular system injuries do these pictures show?
Write: *fracture*, *sprain*, *muscle contracture*.



A



B



C

10 Tick the correct posture.

