



The skeletal and muscular systems

1 Label the pictures *bone*, *muscle* or *joint*.



2 Tick the true sentences.

- a. Bones are soft parts of our body. ☐
- b. Muscles are soft parts of the body. ☐
- c. Joints connect bones. ☐
- d. Joints can contract and relax. ☐

3 Write **V** for voluntary movement or **I** for involuntary movement.

- ☐ You blink your eyes.
- ☐ You and a friend jump rope.
- ☐ Your heart beats.
- ☐ You kick a ball.