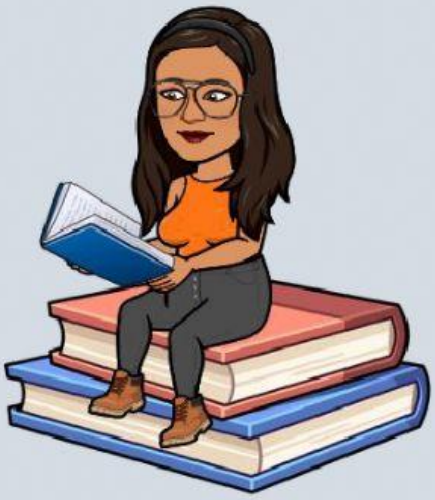
Avoiding Injuries

Have you ever pulled a muscle while exercising or playing sports? You should have stretched before you exercised or played sports.

Humans have approximately 650 muscles and over 200 bones that are all connected. Tendons connect muscles to bones, and ligaments connect bones to other bones. Tendons and ligaments are similar. Tendons help muscles and bones move together. Ligaments help bones, mostly in your arms and legs, move together.

If a tendon or ligament breaks or tears, you won't be able to move easily. This is why you should stretch before exercising or playing sports. It helps your tendons, ligaments, and muscles get ready to move quickly.

READ AND CHECK:



1- How many bones does the human body have?
a. It has approximately 650.
b. It has less than 200.
c. It has more than 200.

2- What do you think the word **connected** means?
a. separated or apart
b. joined or linked together
c. hurt or injured

READ AND WRITE:

should have stretched	Tendons	Ligament	should stretch

You _____ before you exercise.
_____ connect muscles to bones.

LIVEWORKSHEETS