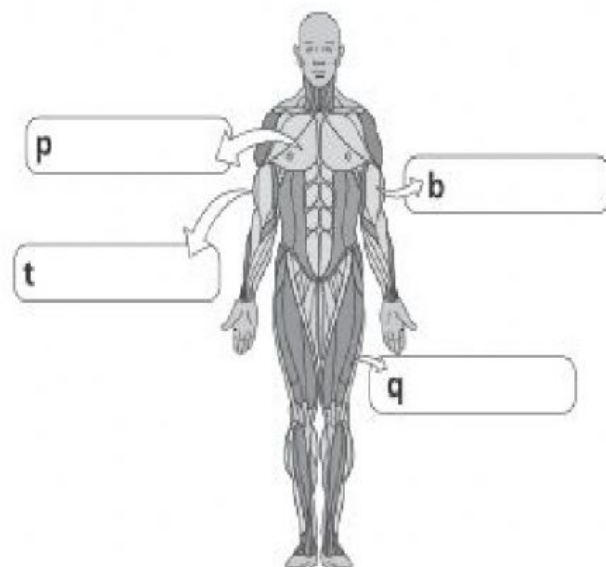
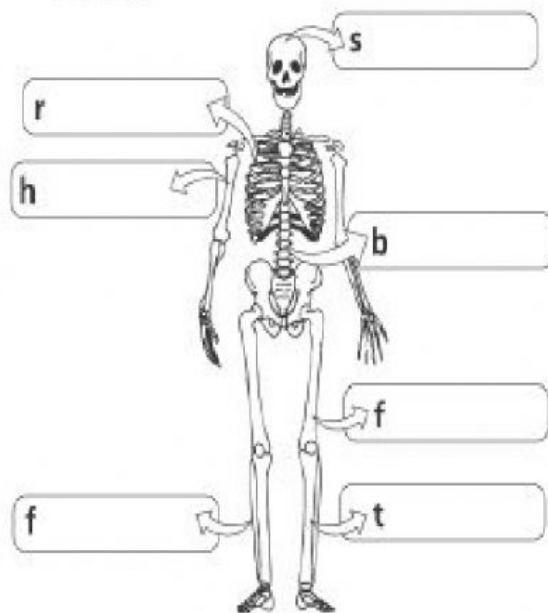


BONES, MUSCLES AND JOINTS 4°

1 Label.



2 Complete the text with the words in the box.

muscles	legs	200	body	triceps	650	jumping
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💡 There are more than (1) _____ bones in the human body. The bones form the skeleton. The skeleton supports the body. We have got bones in our head, trunk and **limbs**. Our arms and **legs** are limbs. The bone in the head is the **skull**. The bones in the trunk are the **backbone** and the **ribs**. The **humerus** is a bone in the arms. The bones in the (2) _____ are the **femur**, the **tibia** and the **fibula**.

💡 There are about (3) _____ muscles in the human (4) _____. Muscles are for walking, running and (5) _____. Some important muscles are the **biceps**, the (6) _____, the **pectorals**, and the **quadriceps**. Muscles can be **voluntary** or **involuntary**.

💡 Voluntary muscles are muscles that we can move when we want, for example, arm and leg muscles.

💡 Involuntary (7) _____ are muscles that we can't control. The **heart** is an involuntary muscle.

