

Computer: Organization, Skeletal System & Muscular System Name _____

Site #1: <https://kidshealth.org/en/kids/muscles.html?ref=search#>

1. Watch the slide show and answer the questions:

Slide #1: How many muscles do humans have? _____

Slide #2: What is the name of the knee cap? _____

Slide #3: What is cartilage? _____

Slide #4: Muscles cannot push, only _____. Muscles work in _____ (one pulls in one direction & the other pulls in the other direction).

Slide #5: What do ligaments do? _____

Slide #6: What do tendons do? _____

2. _____ muscle is also called involuntary muscle. It moves without you consciously thinking of moving it.

3. List 2 places in your body you find smooth muscle: 1. _____ 2. _____

4. The muscle that makes up your heart is called _____ muscle. This muscle is also involuntary.

5. The muscles that make you strong and are connected to your bones are called _____ muscles.

6. Skeletal muscles are _____ muscles which means you control what they do.

7. Most skeletal muscles are connected to bones by _____.

8. Skeletal muscles in your face are connected directly to the _____.

9. Identify these major muscle groups:

Attached to your shoulders so you can swing a bat - _____

Each side of the chest, body builders have really big ones - _____

Called "abs" for short - _____

Your arm muscles - _____

The muscles in the front of your upper leg - _____

The muscles you sit on - _____

Site #2: <https://kidshealth.org/en/kids/bones.html>

1. Watch the slide show about bones and answer the questions.

Slide #1: Our bones give our body _____ and _____ and _____ our organs.

Slide #2: The surface of the bone is called the _____.

Slide #3: The _____ makes up the hard outer part of the bone.

Slide #4: The center part of the bone is called _____ bone and it is filled with bone _____.

Slide #5: Bone marrow makes _____.

2. The bones in our body are very much _____, _____ and changing just like the other parts of your body.

3. A baby's body has about _____ bones; an adult has about _____ bones.

4. As you grow, cartilage is slowly replaced by _____ using _____.

5. At what age is bone growth complete? _____

6. What does your spine protect? _____

7. There are small discs of _____ found between each of our vertebrae. This provides cushioning between the bones when we jump and twist.

8. What organs do your ribs protect? _____

9. A baby's skull is in sections when it is born. As the baby grows the skull grows together along sections called _____.

10. The bones in our arms and hands are _____ on the ends and _____ in the middle.

11. You have a total of _____ bones in your wrists, hands and fingers.

12. You have a total of _____ bones in your ankles, feet and toes.

13. The place where two bones come together is called a _____.

14. _____ joints are joints that don't move at all.

15. _____ joints allow movement between bones.