Content Connection | Science

I will learn about muscles and bones in the body.

13 Look and listen. Say the numbers.

13 26 27 34 70

14 Listen and read. Write the numbers.

CONTENT WORDS
bone jump kick move muscle throw



Playing is fun. When we move, we use our bones and muscles. Bones and muscles help us play.

We throw with our hands. Our hands have many bones. One hand has _____ bones.



We kick with our feet. Our feet have many bones, too. One foot has _____ bones.

When we throw a ball, we use _____ muscles.
When we kick a ball, we use _____ muscles.

When we jump, we use more than _____ muscles.

We need to take good care of our bones and muscles.





15 Look at 14. Read and match.

1 Bones and muscles	**a** use more than 70 muscles.
2 Our feet	**b** help us play.
3 When we throw a ball, we	**c** have a lot of bones.
4 When we jump, we	**d** use our hands.

THINK BIG

Which activities use our muscles the most?
dancing using a computer watching movies
playing basketball riding a bike

LIVEWORKSHEETS