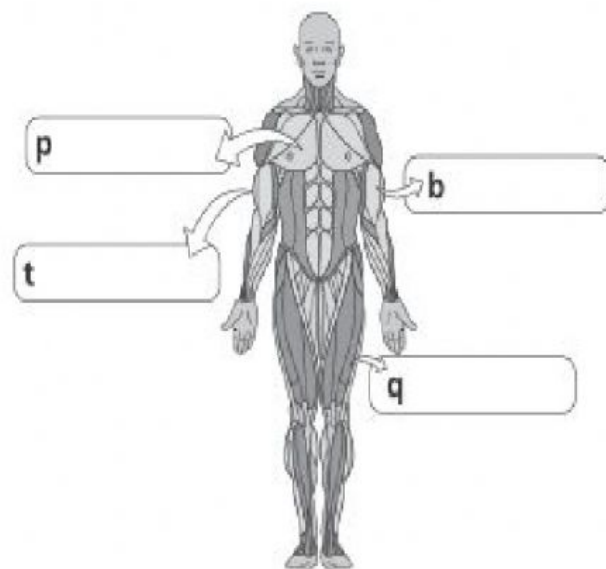
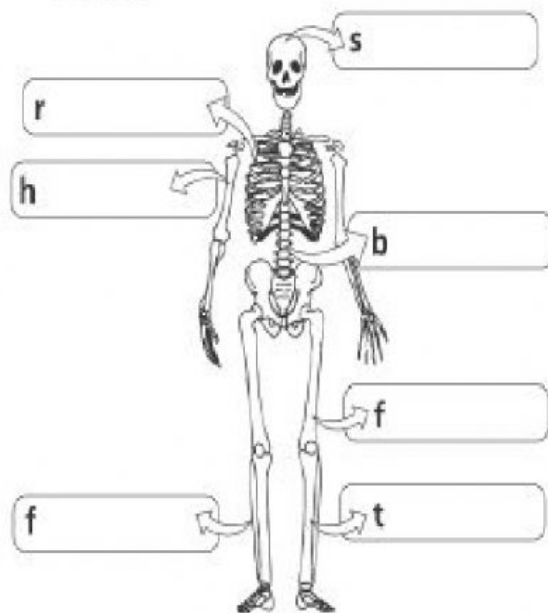


BONES, MUSCLES AND JOINTS 4°

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.

