



# The Skeletal System

All the bones in the human body are called the skeleton. The skeleton gives the body shape and form so we don't flop around like a jellyfish! Bones and all the connecting parts like joints, cartilage, ligaments, and tendons make up the skeletal system.

The skeletal system has many jobs or functions. In addition to giving the body shape, it protects the organs. The skeletal system allows us to move and bend. Inside bones, blood cells are produced.

WHAT IS THE SKELETON \_\_\_\_\_?

NAME TWO FUNCTIONS OF THE SKELETAL SYSTEM:

\_\_\_\_\_, \_\_\_\_\_.



# Bones

Bones make up the skeletal system. Bones are thick and strong on the outside and spongy on the inside. This makes them difficult to break but not too heavy to keep you from moving.

Newborn babies have about 300 bones in their bodies. As babies grow, their bones fuse together. When bones fuse together they grow together to become one large bone. An adult has 206 bones.

Bones continue to grow in length from birth until around age 25. If bones are broken, they will regrow and repair themselves.

1. DESCRIBE THE BONES:

\_\_\_\_\_

2. WHAT DOES FUSE MEAN \_\_\_\_\_?



# Types of Bones

The human skeleton is made of mainly four types of bones. Long bones are bones that are longer than they are wide. These are found in your arms and legs. Short bones are about as wide as they are long. Short bones are found in your hands, feet, and spine. Flat bones are large, strong, flat bones that protect the organs. They also provide a place for muscles to attach. Irregular bones are bones that do not fit into any other category of bone.

1. HOW MANY MAIN TYPES OF BONE MAKE UP THE HUMAN SKELETAL SYSTEM \_\_\_\_\_?
2. WHAT TYPE OF BONE WOULD MAKE UP THE SKULL \_\_\_\_\_?
3. WHAT DO YOU THINK THE WORD IRREGULAR MEANS \_\_\_\_\_?



# Joints, Cartilage, Ligaments, and Tendons



The skeletal system is not just made of bones. It also includes joints, cartilage, ligaments, and tendons. The area where our bones meet is called a joint. Some joints allow for movement and others do not. Bones are held together at a joint by tissues called ligaments. Another type of hard tissue, called cartilage, keeps bones from rubbing together. Cartilage is found in babies before bones grow. Tendons connect muscles to bones.

1. WHERE DO BONES MEET \_\_\_\_\_?
2. WHAT HOLDS BONES TOGETHER \_\_\_\_\_?
3. WHAT CONNECTS MUSCLES TO BONES \_\_\_\_\_?



# Bones are alive!

Bones in our body are alive and working. Old bones are broken down and new bones are formed. Actually bones are completely new every seven years.

Inside of our bones is a substance called bone marrow. Bone marrow is responsible for making blood cells for our bodies. Whenever you bleed or blood cells die, new blood cells made inside bones replaces the lost cells.

Because bones are alive, they can heal themselves when broken. Fractured, or broken, bones will grow new cells in repair. The process can take months.

1. BONES ARE \_\_\_\_\_.
2. WHAT IS MADE INSIDE BONES \_\_\_\_\_?
3. HOW LONG DOES IT TAKE TO HEAL A BROCKEN BONE \_\_\_\_\_?



# Bone Health

Because bones are alive and working, they need to be kept healthy. Bones need calcium to grow. Milk is a great source of calcium. Eating a healthy diet is also important. Bones can be kept strong by exercising. Since bones can break, it is important to protect your bones. Helmets and other sports equipment protect bones from fractures.

As people get older, bones become thinner and do not regrow as quickly. Keeping bones healthy is especially important as people get older.

1. WHY IS BONE HEALTH IMPORTANT \_\_\_\_\_?
2. HOW CAN YOU PROTECT YOUR BONES \_\_\_\_\_?