Skeletal Joints

1. Use the words in the box below to complete the sentences.

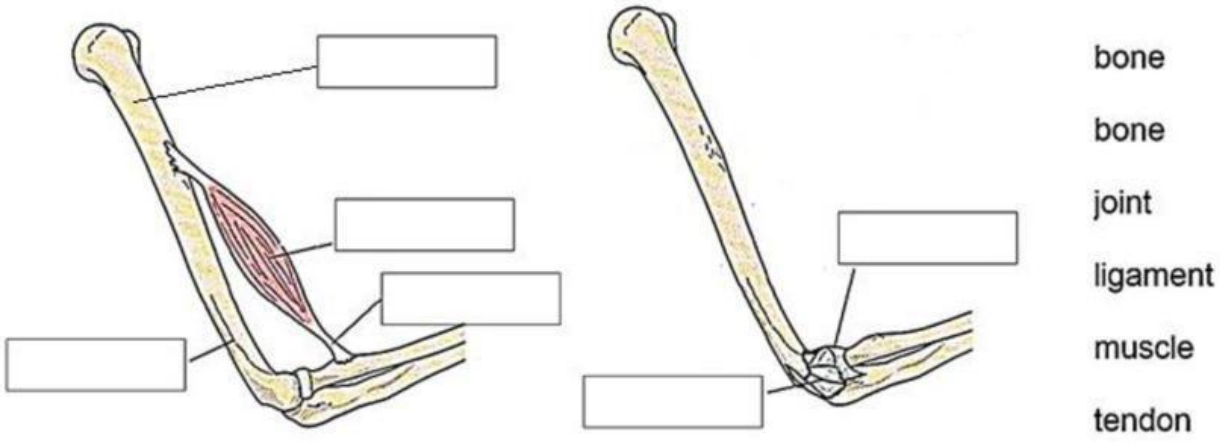
Contract	Joint	Ligament	Movement
Muscle	Relax	Skeleton	Tendon

One of the main roles of our _____ is to bring about movement. Wherever bones meet, a _____ is formed. At these areas, the bones are held together by fibres called _____. In order to move, _____ tissue, made of muscle cells, must be a part of the skeletal system. They are held firmly to bones by fibres called _____. Muscles bring about _____ of our bones when they _____ and _____.

2. Label the following diagrams of the joint below.

2b. Name two parts of the body that a joint like this would be found.

_____ and _____



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3. After each statement write **TRUE** or **FALSE**.

a. A ball and socket joint is found in your shoulder. _____

b. A hinge joint rotates all around 360 degrees. _____

c. Muscles can only contract for movement. _____

4. Jaxszon picked up and threw a baseball. Match the joints that he uses to carry out the various movements.

Finger joints	•	• No role played in this movement.
Shoulder joint	•	• To bend his arm to throw.
Knee joint	•	• To get a snapping motion just before releasing the ball.
Wrist joint	•	• To rotate the whole arm to throw.
Elbow joint	•	• To curl around the ball to grip it.

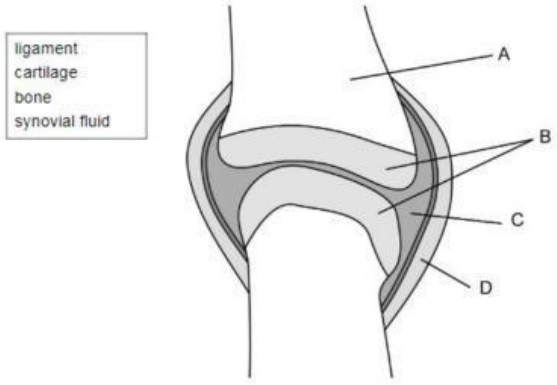
5. Give examples of where the following joints can be found.

a. Ball and socket joint : _____ and _____

b. Hinge joint: _____ and _____

c. Pivot joint: _____

6. Label the joint below.



LIVEWORKSHEETS