

OUR LOCOMOTOR SYSTEM



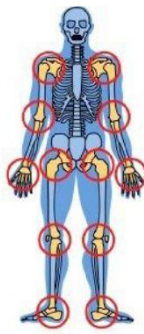
Muscles

We have _____ muscles. They are elastic and _____. We can move some of them, for example, the ones in our _____ and _____. Other muscles move _____, for example, the heart.

We have _____ bones. They are _____ and _____. Bones make up the skeleton. They support the _____ and protect the _____, _____ and _____. Bones are also light so we can _____.



Bones



Joints

Joints are where two or more bones _____. At the joints _____ attach muscles to the _____. When a muscle _____ it pulls on the bone, moving it this allows the skeleton to bend.

The hip is a _____ and so is the knee. They allow the leg to _____. Can you see the other joints in the picture?

To look after my locomotor system I should....



Get enough sleep



Carry heavy things



Eat food with calcium



Warm up before doing sports



Stretch after doing sports



Sit with bad posture