



Skeletons

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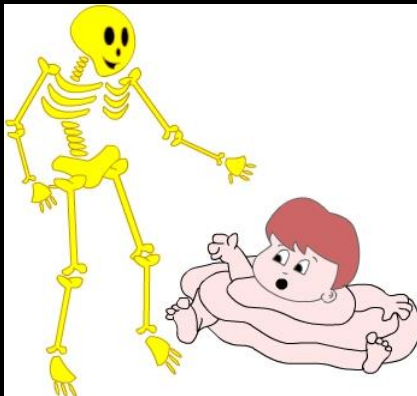
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What is a skeleton for?

A skeleton keeps us upright- without it we would be a pile of skin and muscles on the floor!

It keeps our insides safe and stops our brain, heart and other important organs from being hurt.

Our muscles are attached to our bones to help us move.



This is what we could look like without a skeleton!



How bones grow

Babies have tiny hands, tiny feet and everything tiny! Slowly, everything grows as well as the bones!

Babies have 300 bones when they are born but some of these join together until there are only 206 bones!

Once the bones are big enough, they stop growing and they never get any bigger.



An X-ray of a baby.



A grown up's skeleton stops growing.

Spines



Brains are quite heavy and the spine helps our head stay up!

Spines let us twist and bend and keep us upright!

The spine starts under the skull and stops at our hips.

The spine has an important job to do- it carries information from our brain to the rest of our body so that we can move!

It is made of 26 tiny bones called vertebrae and we can touch them using our fingers.

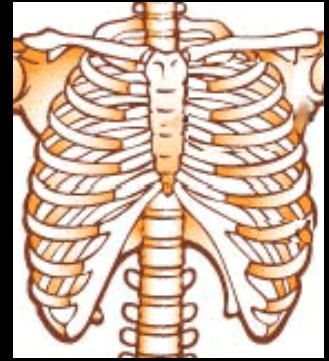


Ribs

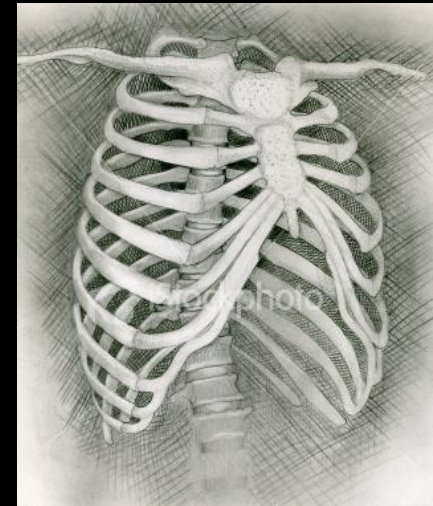
Inside our bodies we have lots of important organs like our heart, lungs and liver. Ribs give our organs a cage to keep them safe.

Ribs come in pairs (just like counting in 2s!).

Most people have 12 pairs of ribs (24 ribs altogether!), but some people have more and some have less!



Ribs are like a coat of armour that a knight would wear!



Did you know?!
All of our ribs are attached to our spine!



Skulls



The skull keeps our brain safe which is a VERY important job!

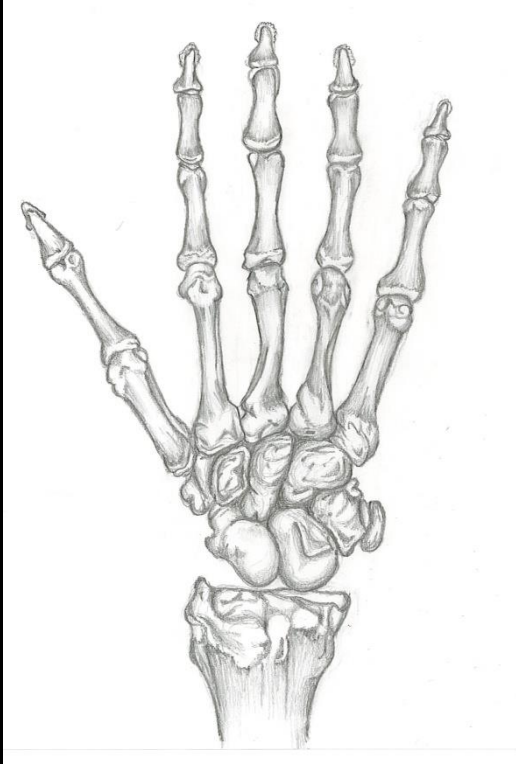
The skull also makes up part of our face. Faces have 14 bones in them!

The only bone in the skull that moves is the bottom jaw to help us talk and eat.

We can feel our eye sockets when we touch just under our eye.



Arms and hands



Fingers have joints to help them move and bend.

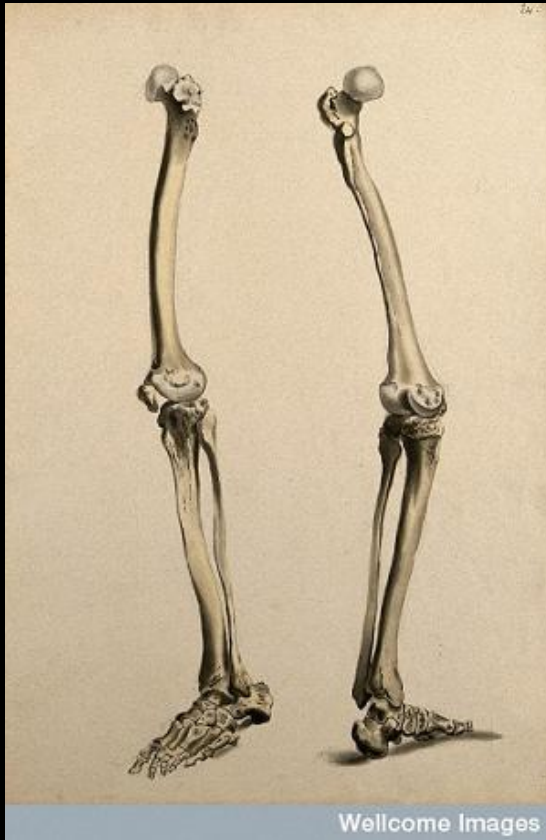
When you pick up a pen, eat your lunch, open a door or brush your hair you are using the bones in your arms and hands!

The bones that make up hands are very small but can do a lot- they let us twist, bend and wave.

In the wrists, hands and fingers there are 54 bones.



Legs and feet



Legs are attached to the pelvis to help us move. Without the pelvis, our legs would not be able to move.

Leg bones are very big and strong to hold up our heavy bodies!

Ankles connect our legs to our feet and let our feet bend so we can walk, run, jump, hop and skip!

Without our toes we would not be able to balance and would fall over all of the time!



Taking care of bones

When riding bikes, cyclists wear helmets to help their skull protect their brain. They also wear elbow and knee pads to keep those safe too!



A helmet can stop your brain from being damaged if you fall off a bike.

Drink lots of milk and eat yoghurts and cheese to make bones strong and healthy.

Exercise is very good for bones and helps to make them strong.



Glossary

Pelvis- hipbones that protect our organs and help us move.

Skeleton- a frame of bones that keep us standing and protect important organs.

Sockets- space in the skull for the eyes to sit in.

