

The Function of the Skeleton



Vocab

In pairs discuss:

- What is a skeleton?
- Can you point to and name any of the bones in your body?

Together:

- What are the **three** jobs of the skeleton?
- Think **M P S**



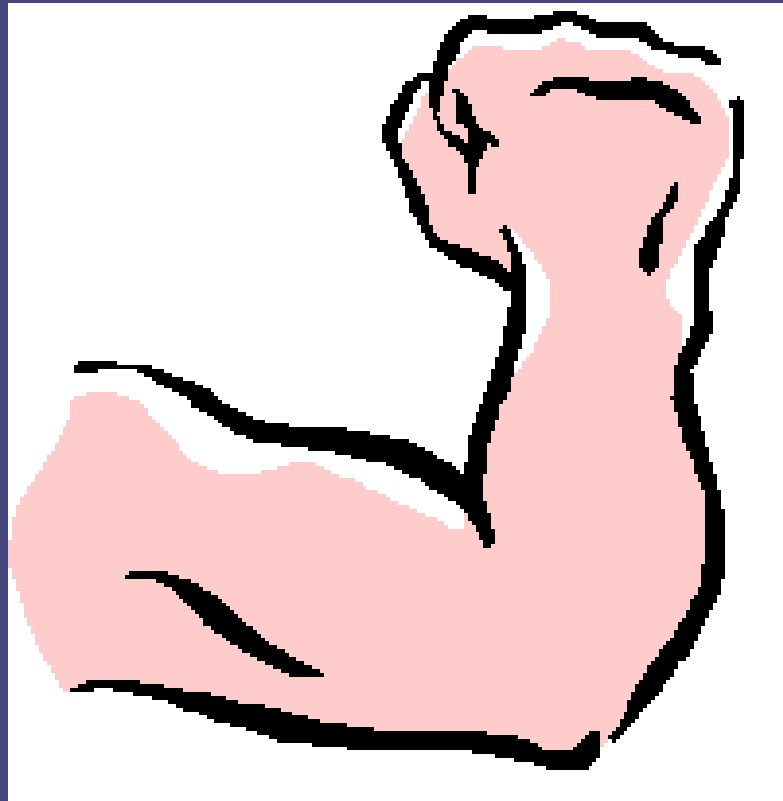
Function of the skeleton

- M is for movement
 - The muscles, which are attached to the bone, work together to help us **move**.
- P is for protection
 - As bone is incredibly hard, it protects vital (important) organs, such as the brain, heart and lungs.
- S is for support
 - The bones keep things in place.



Muscles

Today we are going to learn about the purpose of our muscles?





What are muscles?

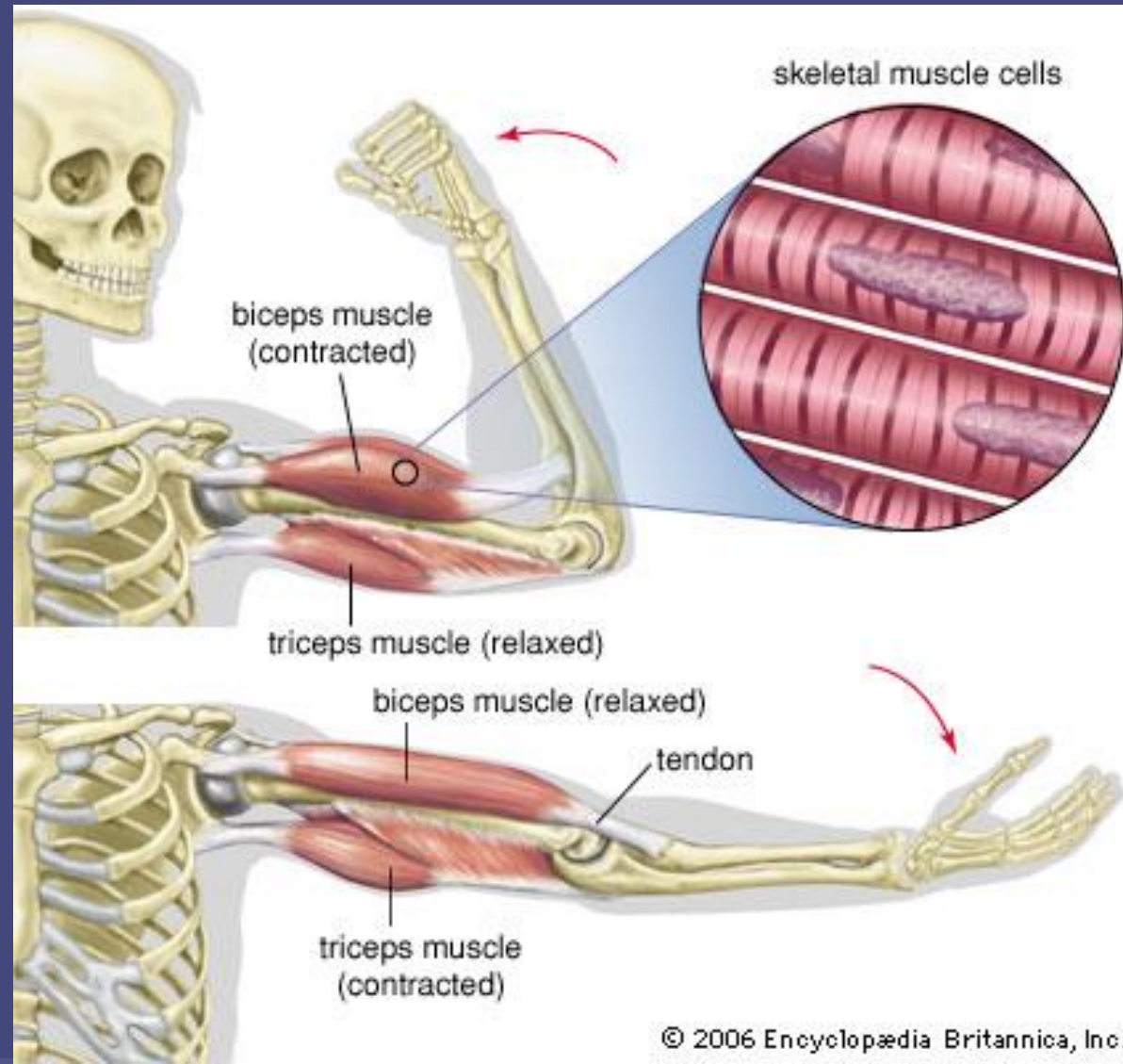


- Muscles are moved whenever you move. Without them, we wouldn't be able to move.
- How many muscles do you think there are in your body?
- Over 650!
- They make up nearly half of your body weight.



How do muscles work?

- Muscles tighten up- **CONTRACT** and then **RELAX**
- You have two sets of muscles attached to many of your bones which allow them to move
- They work in pairs



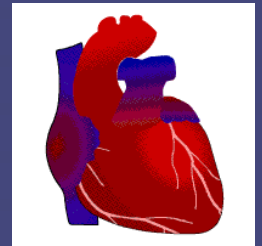
Voluntary muscles

- Some muscles only work when you think about it.
- For example, if you need to kick a football.
- When else might you need to think about before using a muscle?



Involuntary muscles

- Other contracting muscles are automatic – without you thinking about it.
- Can you think of any examples?
- Contracting of your heart
- The movement of your diaphragm so that you can breathe
- Blinking your eyes are automatic.



Exercise

- If you take part in lots of exercise what will happen to your muscles?
- They will get bigger and stronger



