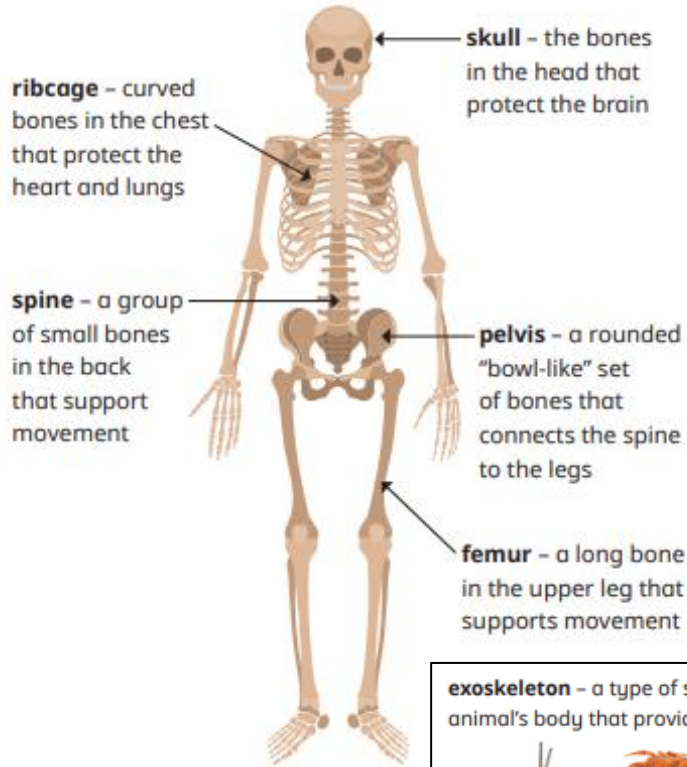


## Science – Animals including humans Skeletons and Movement

### Key vocabulary

- **skeleton** – a collection of bones that provides protection and supports movement



**exoskeleton** – a type of skeleton on the outside of an animal's body that provides support and protection



### Key vocabulary

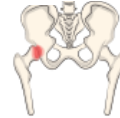
- **joint** – a point where two or more bones connect



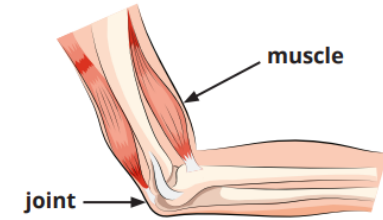
- **hinge joint** – a joint that only allows bending and straightening



- **ball-and-socket joint** – a joint with a round head of bone that fits inside the cup of another bone to allow movement in all directions

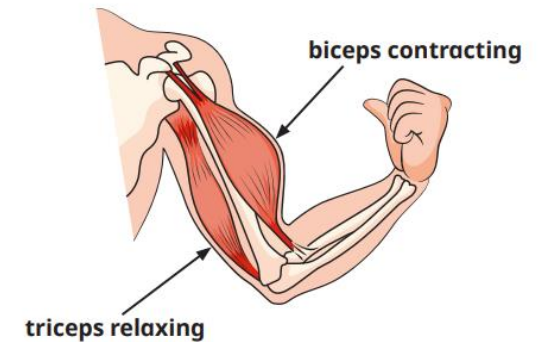


- **muscle** – works with joints and bones to allow movement



- **bicep and tricep** – two muscles in the upper arm

- **contract** – a tightening and shortening motion
- **relax** – a relaxing and lengthening motion



### Factual knowledge

- The human skeleton is made up of lots of different bones.
- An adult human typically has 206 bones that make up the skeleton.
- The skull, spine (backbone), ribcage, pelvis and femur are bones within the skeleton.
- Mammals, birds, fish, amphibians and reptiles have a skeleton.
- Animal skeletons are made up of lots of different bones.
- Some animals have an exoskeleton.
- An exoskeleton provides support and protection.

### Factual knowledge

- A joint is where two or more bones connect.
- There are different joints in the human body.
- The knees and elbows are hinge joints.
- The shoulders and hips are ball-and-socket joints.
- Muscles are attached to bones.
- Muscles can only pull on bones and cannot push.
- Muscles work in pairs by contracting and relaxing.
- Bones, muscles and joints work together to allow movement.