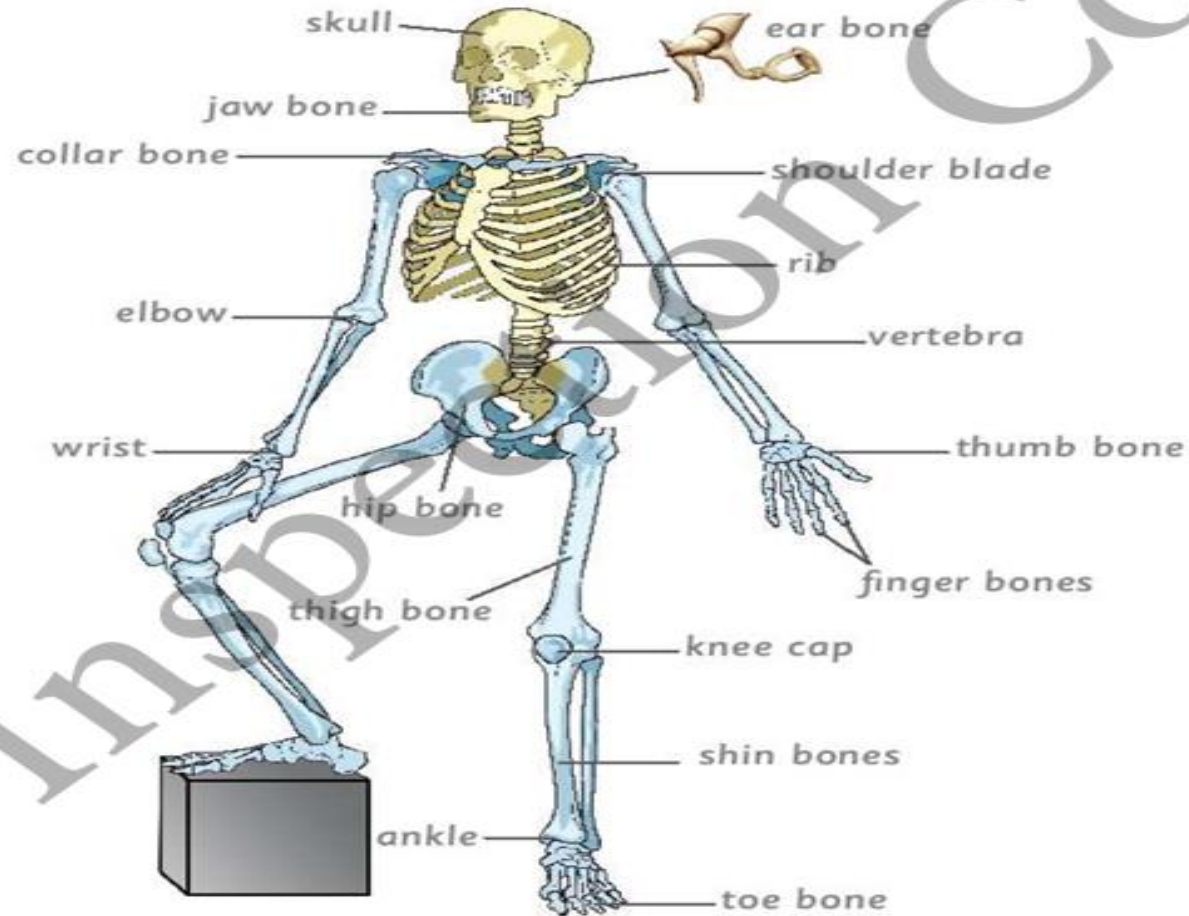


We have 206 bones in our skeletons. There are different kinds of bones in the skeleton:

- ✎ Long bones, like the bones in our legs and arms. The thigh bone is the long bone in your leg.
- ✎ Short bones, like those in our fingers.
- ✎ Flat bones, like those that make up our skull.
- ✎ **Irregular** bones, like the bones in our spine.



## Finding your bones

Feel your head. How many **skull** bones can you feel?

Hold your hands on the sides of your chest. Can you find your ribs?  
How many ribs can you feel?

Now feel your back. The bumps you can feel are the bones of your **spine**. These bones are called **vertebrae**. One bone is called a **vertebra**.

Stand up and put your hands on your hips. Can you feel your hip bones?

◆ What are the bones in your head called? **skull**

◆ What are the bones in your chest called? **rib**

◆ What is the row of bones in your back called? **spine**

◆ What is a single bone in your back called? **vertebrae**

## \* 5.3. Skeletons and movement

### Muscles make us move

Bones are strong and hard, they cannot bend but your body can move in many ways.

All animals with skeletons have **muscles** attached to the bones. Muscles are the parts of the body that allow us to move in many different ways. Muscles are found under the skin. They cover the skeleton and give your body the shape that you have.

Muscles always work in pairs. One muscle contracts and pulls on the bone it is joined to. This makes the bone move. The opposite muscle relaxes.

