

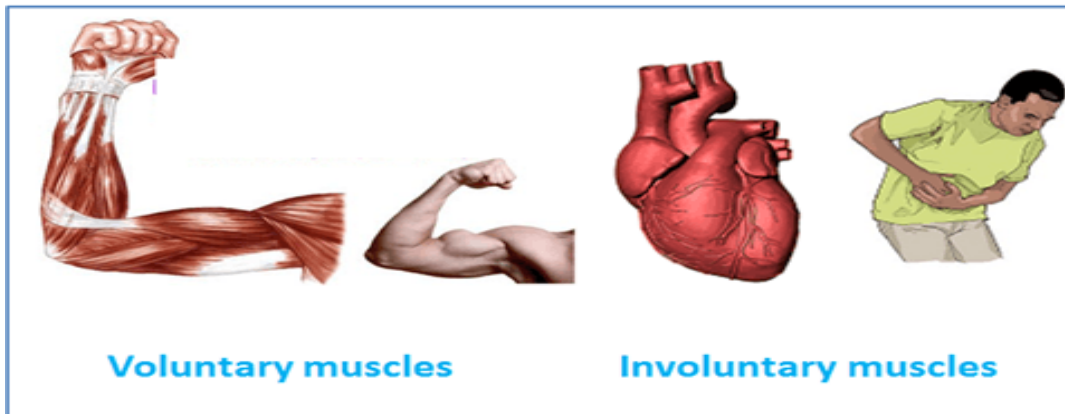
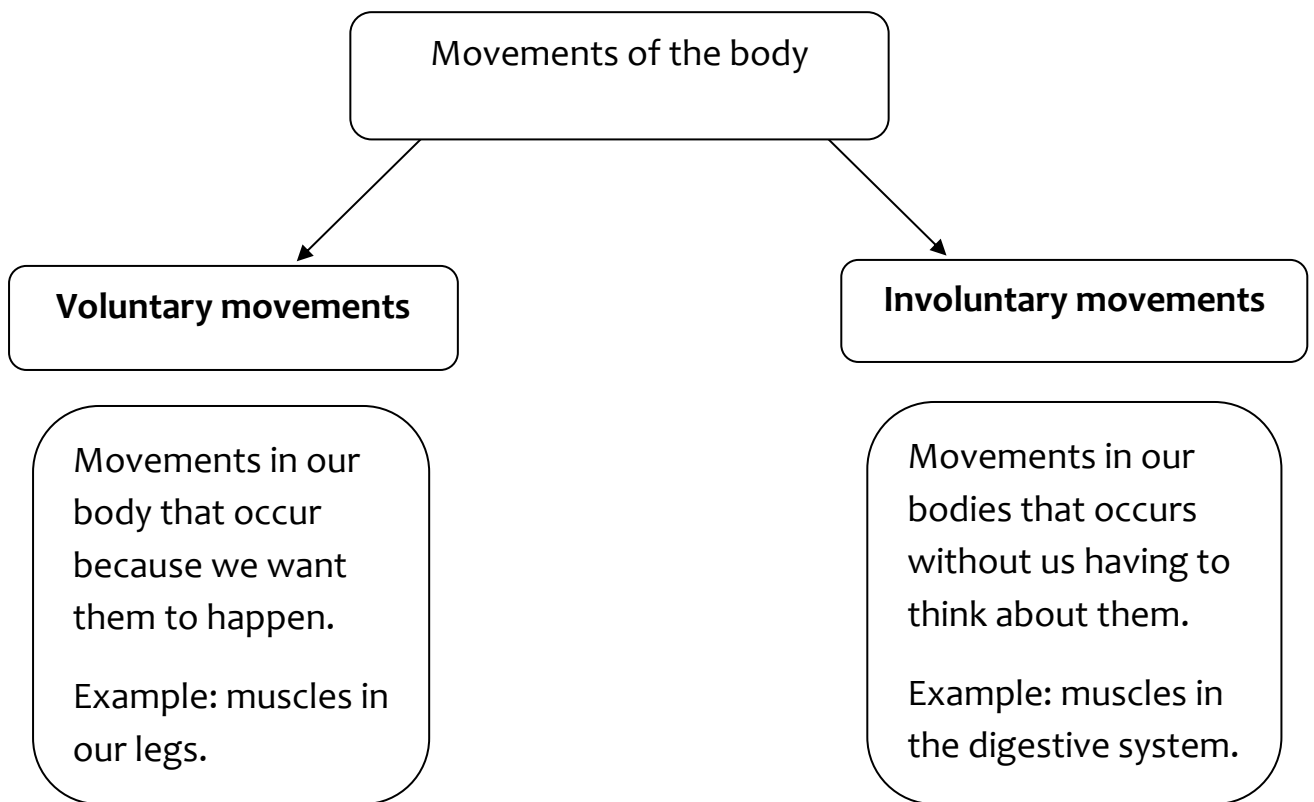
The Primary Stage of Grades (4-5) School Year 2022 - 2023

Name: _____

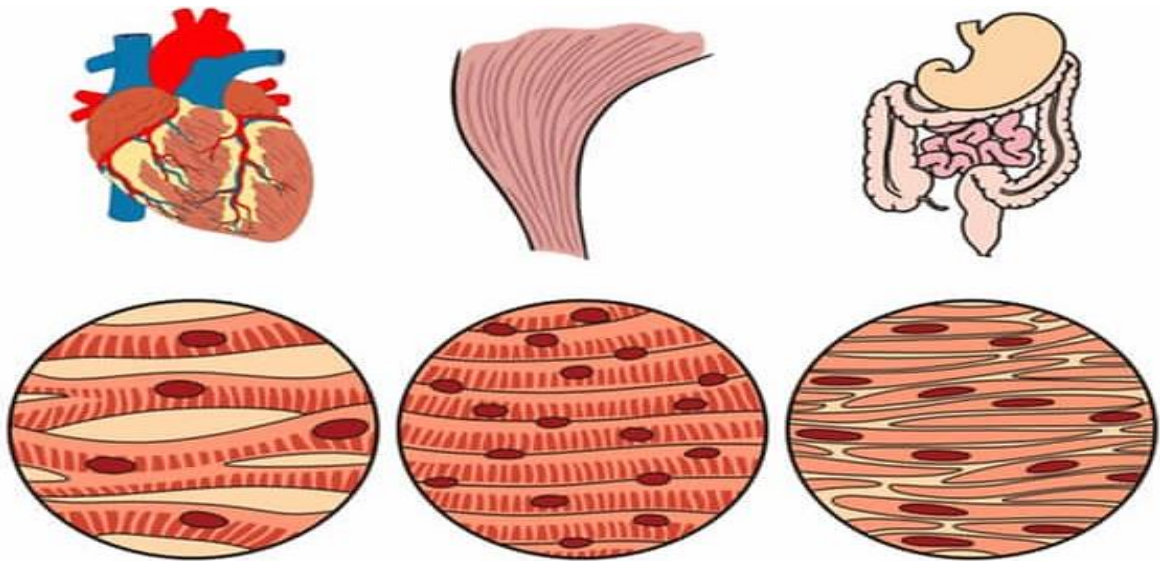
Subject: Science
Muscles and bones Study Sheet

Date: / /

Class: **Grade Four National (All Sections)**



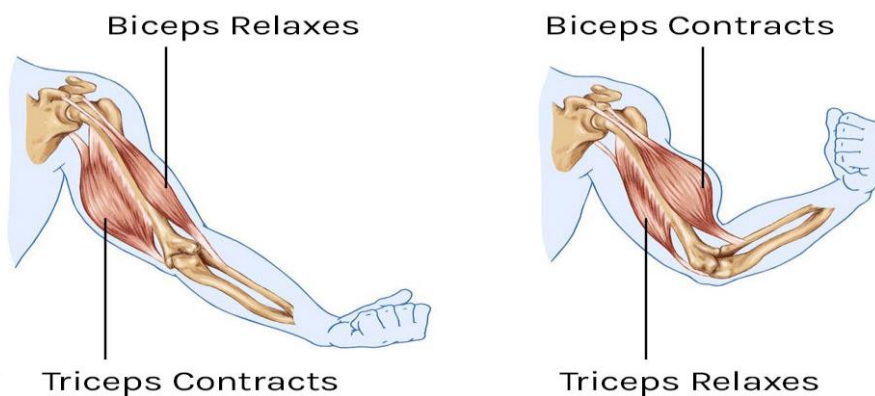
Types of Muscles:



Muscle Type:	Heart Muscles	Skeletal Muscles	Smooth Muscles
Where are they found?	Found in the heart.	Attached to the skeleton.	In the internal organs like stomach and intestine.
Control:	Involuntary Control	Voluntary Control	Involuntary Control

Skeletal Muscles work in pairs:

- Muscles are attached to the bones to allow them to move.
- One muscle contracts, the other one relaxes causing the bones to move.



Bones:

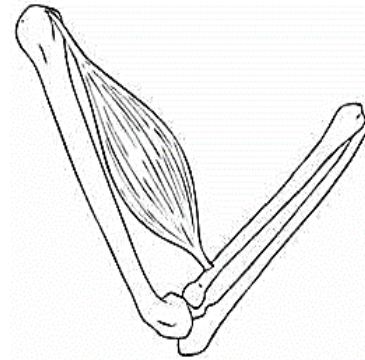
- Our skeleton is made up of 206 bones.
- The skeleton has many **functions**:
 - 1- Supports the body.
 - 2- Allows us to move with the help of muscles.
 - 3- Protects the vital organs.



- The place where one bone joins another is called **a joint**.
- **Joints** allow movement and give the skeleton the ability to bend, twist and turn.



Knee joint allows you to move and bend your legs.



Elbow joint allows you to swing and bend your arms.

- Tissues called **ligaments** hold bones together at joints.
- A **cartilage** covers the end of bones that meet at the joint. It protects the bones from rubbing together and wearing out.

