

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

Name: _____

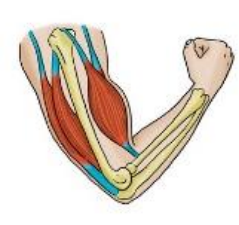
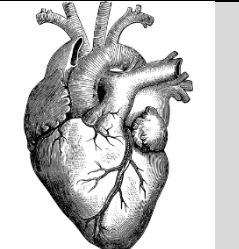
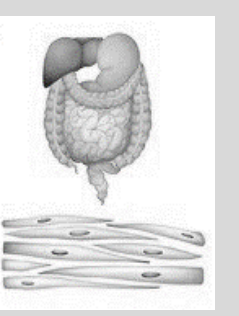
Subject: Science
Muscles and bones Worksheet (1)

Date: / /

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

Question 1:

Fill in the table below with the types of muscles.

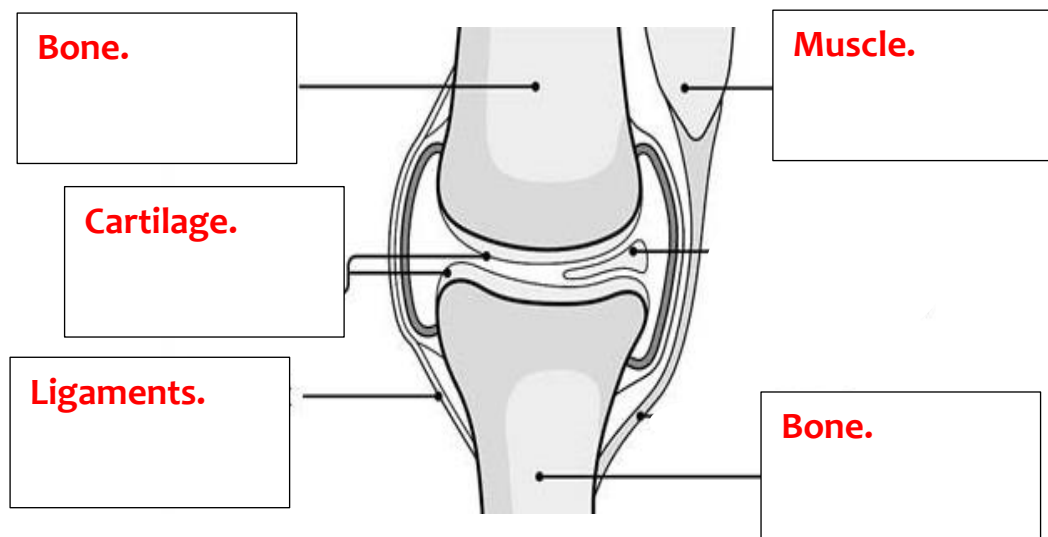
	Muscle Type:	Where are they found?	Control:
	Skeletal muscle.	Attached to the skeleton.	Voluntary control.
	Heart muscle.	In the heart.	Involuntary control.
	Smooth muscle.	In the internal organs.	Involuntary control.

Question 2:

a. State the functions of the skeleton:

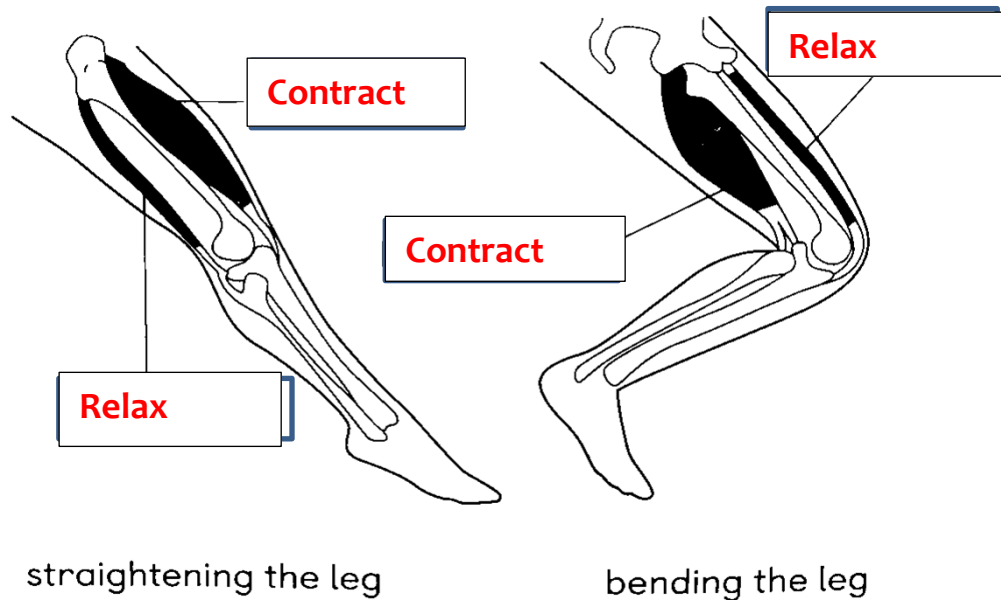
1. Supports the body.
2. Protects the vital organs.
3. Allows us to move with the help of muscles.

b. Label the following **joint** diagram:

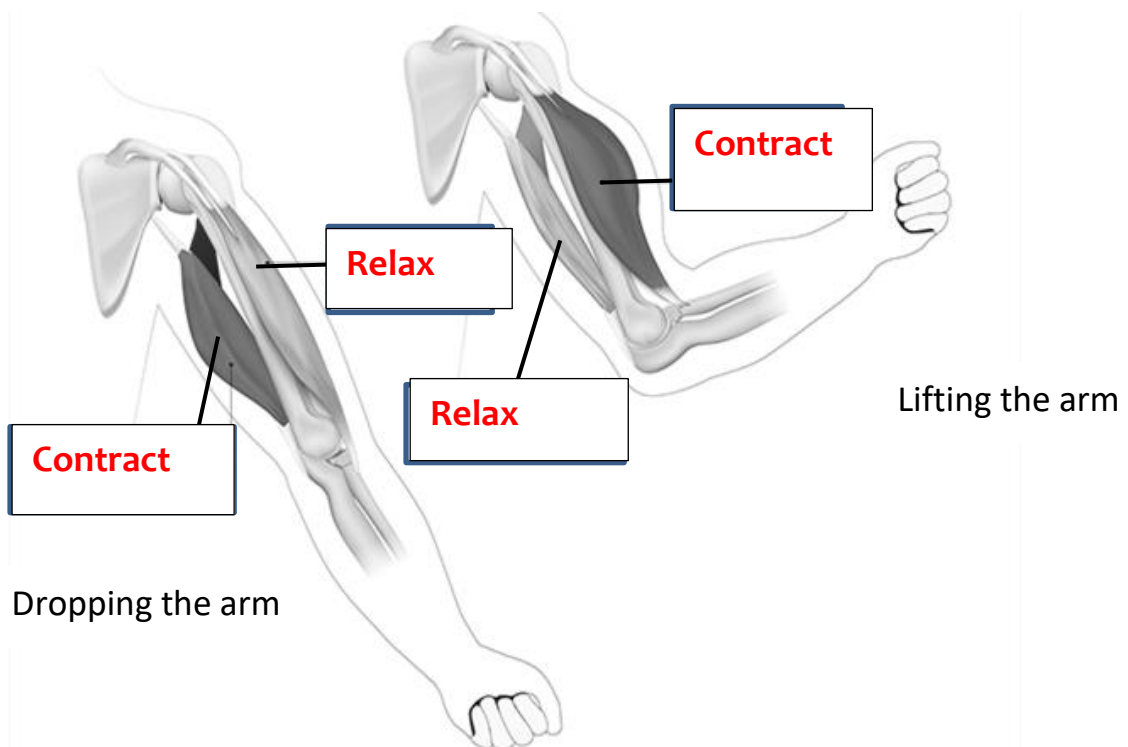


Question 3:

- a. The diagram below shows the muscles in your leg when bending and straightening the leg. Write **contract** or **relax** next to each muscle:



- b. The diagram below shows the muscles in your arm when lifting and dropping the arm. Write **contract** or **relax** next to each muscle:



Question 4:

- a. How many bones are there in human skeleton? **206 bones.**
- b. The strongest and longest bone in our body is the **thigh bone** Because it supports all the body's weight.
- c. Use the words in the box to label the skeleton:

Rib cage	Knee joint	Skull	Jaw	Spine
Hip bone	Thigh bone	Ankle	Elbow joint	

