

# SKELETONS AND MUSCLES

## Vocabulary

**Skeleton:** The framework of bones that supports and protects our body. **Vertebrate:** An animal with a backbone inside their body. **Backbone (Spine):** A column of small, linked bones down the middle of the back. **Muscle:** Soft tissue that move different parts of the body.

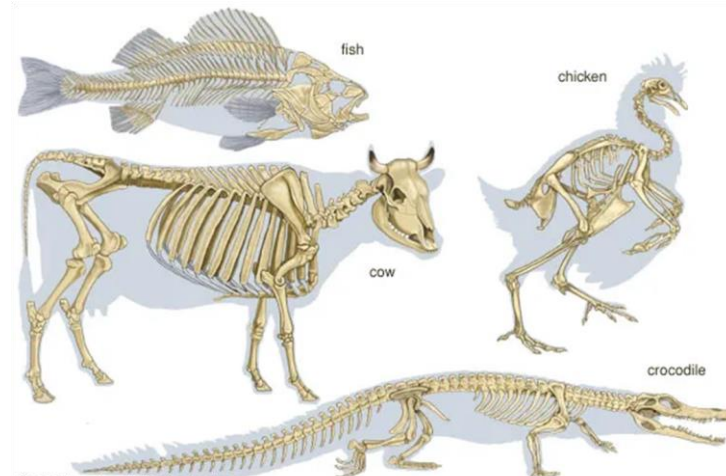
## Human Skeleton



## Human Muscles



## Animal Skeletons



## Skeletons

The human skeleton is made of bones and grows.

All mammals , including humans, are vertebrates.

Our skull protects our brain and our ribs protect our heart and our lungs.

Some animals have a skeleton outside their body called an exoskeleton. Insects, crabs and lobsters have exoskeletons.

## Movement

Muscles are attached to the skeleton to help us move. They either contract or relax to move the bones.

The skeleton bends at joints such as the knees and ankles.