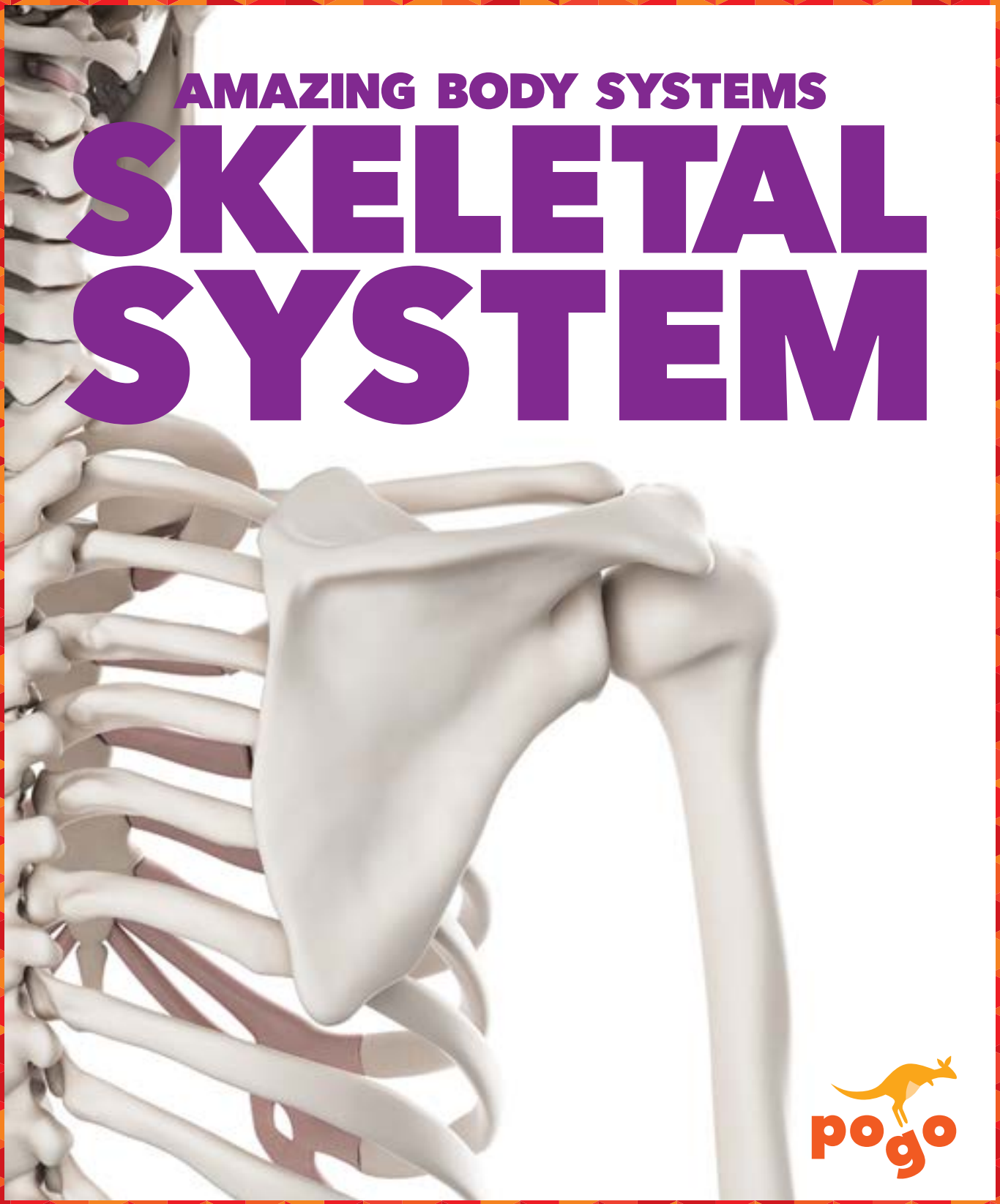
AMAZING BODY SYSTEMS

SKELETAL SYSTEM



pogo

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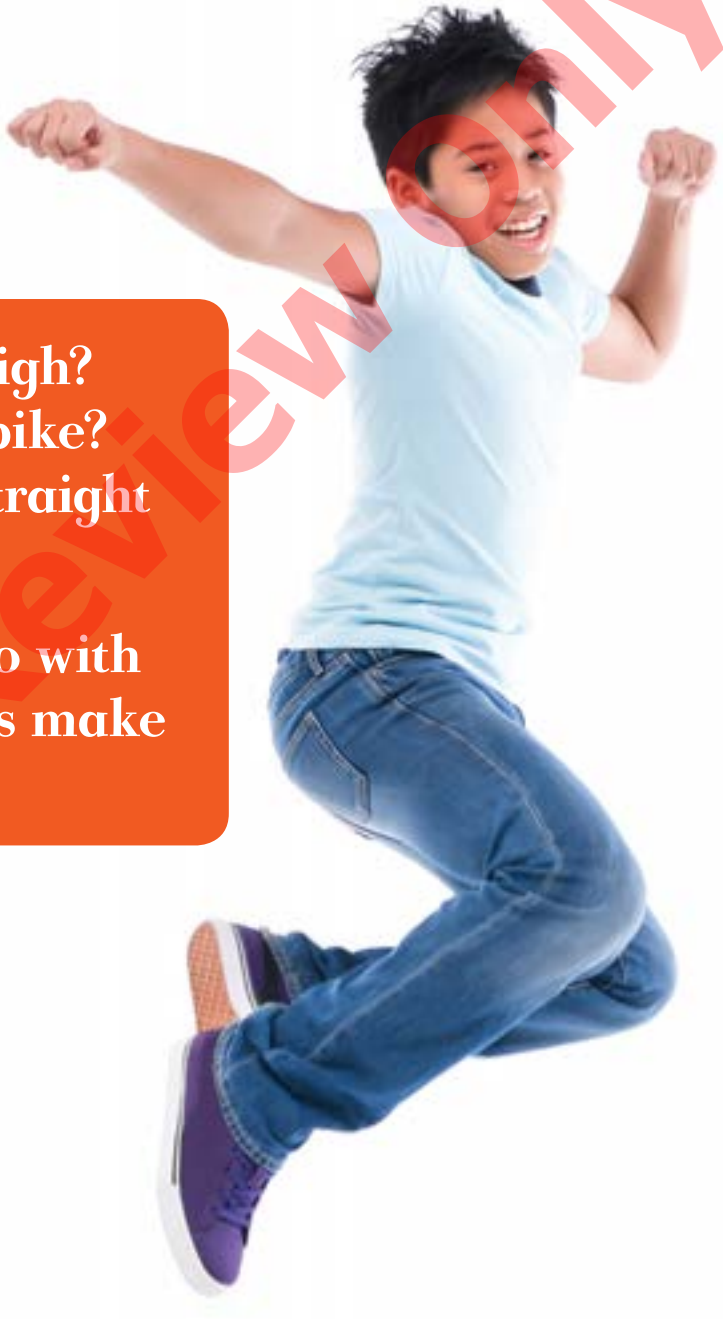
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CHAPTER 1

INSIDE BONES

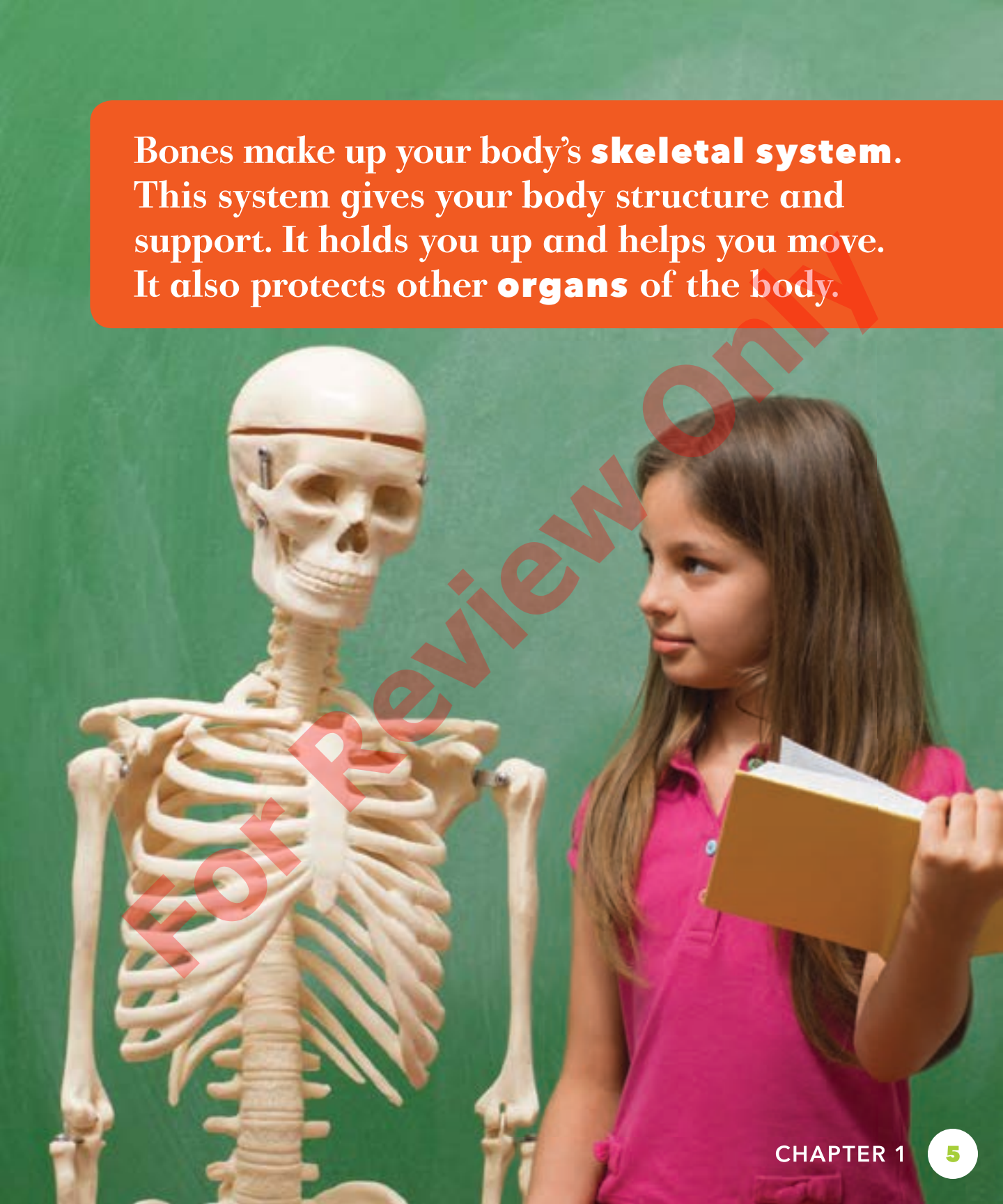


Can you jump high?
Can you ride a bike?
Can you stand straight and tall?

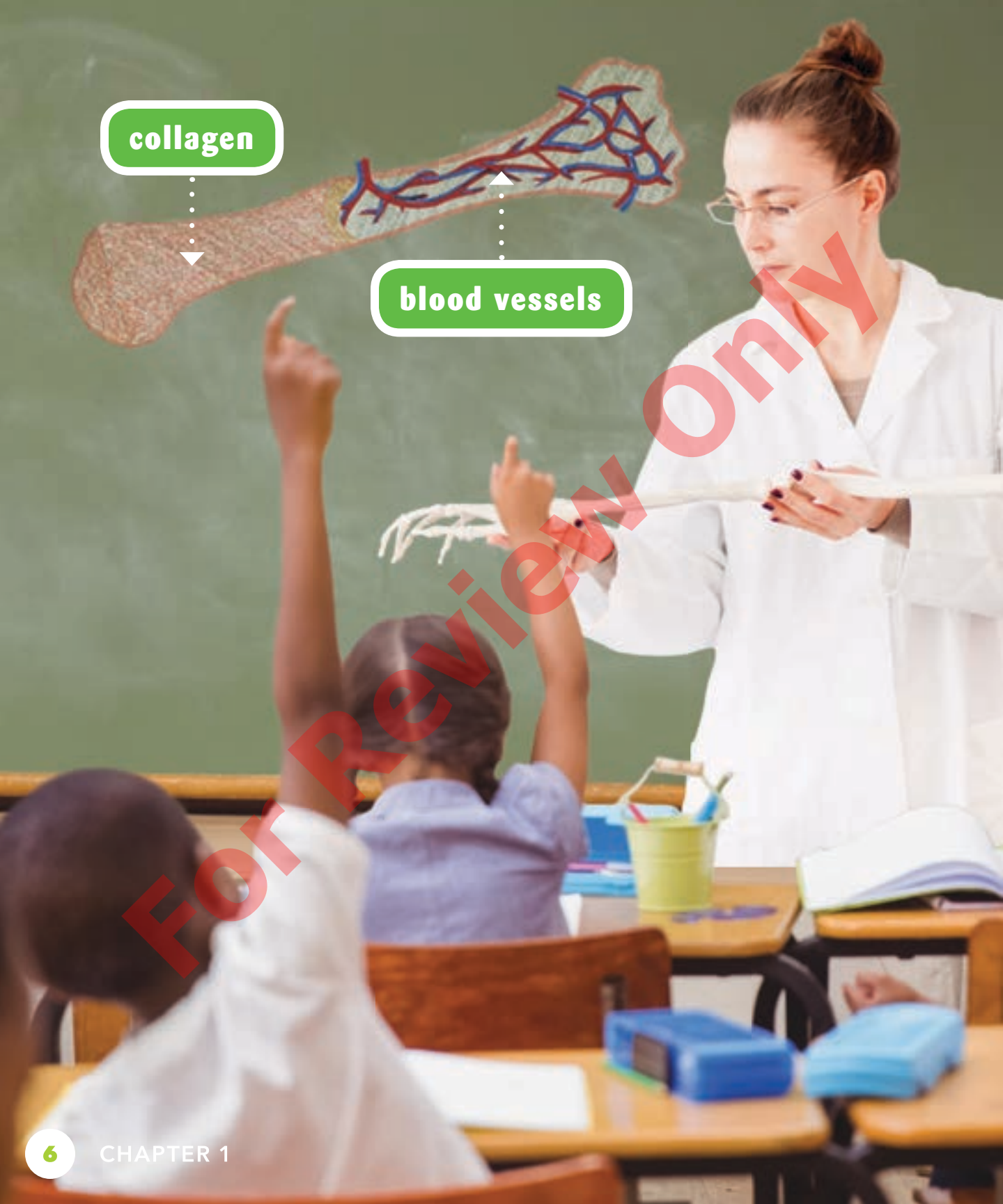
Whatever you do with your body, bones make it possible.

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Bones make up your body's **skeletal system**. This system gives your body structure and support. It holds you up and helps you move. It also protects other **organs** of the body.



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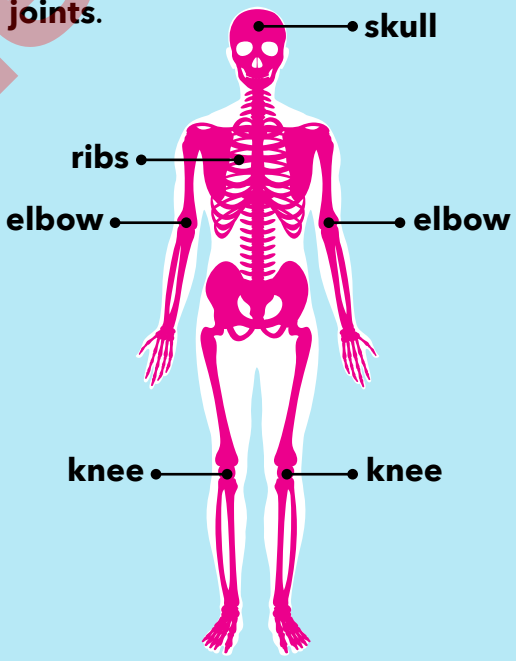
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Bones are living tissue. They are made mostly of a material called **collagen**. They get blood from **blood vessels**. Blood gives energy to the **cells** inside.

TAKE A LOOK!

The skeletal system is made of bones and **joints**.



For Review Only

Bones have three layers. The hard outer layer is compact bone. Inside is spongy bone. It has many open spaces. Then comes the **marrow**, which is a bit like jelly. Some bones have red marrow. It's where blood cells are made. Other bones have yellow marrow. It stores fat.

DID YOU KNOW?

Bones store **minerals** the body needs, such as calcium.



For Review Only



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ACTIVITIES & TOOLS

TRY THIS!

BALL AND SOCKET JOINT

See how a ball and socket joint works in this activity.

What You Need:

- small paper cup
- modeling clay
- wooden craft stick



1. **Roll a ball of modeling clay. Make sure it is a little smaller than the paper cup.**
2. **Place the ball in the cup. Stick the craft stick halfway into the ball.**
3. **Try moving the stick so that the ball moves. See which directions it can move.**

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GLOSSARY

blood vessels: Tubes that carry blood around the body.

cartilage: Strong tissue that connects bones.

cells: The basic building blocks of living things.

collagen: The primary structural material of the human body.

joints: Places where two or more bones meet.

ligaments: Tough bands of tissue that connect bones.

marrow: A soft substance inside bones where blood cells are made or fat is stored.

minerals: Naturally occurring substances that the body needs.

muscles: Tissue that connects to bones to make you move.

nerves: Threads of nerve cells that carry messages between the brain and the body.

organs: Parts of the body that do certain jobs.

skeletal system: The bones and joints that make up the frame of the body.

tendons: Stretchy, strong tissue that connects bones to muscles.

vertebrae: The small bones that make up the spine.



For Review Only