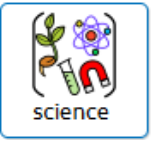





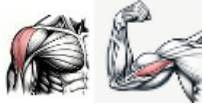




# Science – Year 3 – Skeletons and Movement





- |  |   |
|--|---|
| 1. To identify the two different joints and where they would be found in our bodies. | 2. To explain how joints help us to move. |
|--|---|

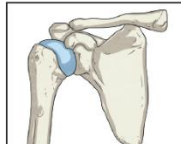
joint	A point where two or more bones connect	 joint
hinge joint	A joint that only allows bending and straightening	
ball-and-socket joint	A joint with a round head of bone that fits inside the cup of another bone to allow movement in all directions	
skeleton	A collection of bones that provide protection and supports movement	 skeleton
muscle	Works with joints and bones to allow movement	 muscle
bicep and triceps	Two muscles in the upper arm	
contract	A tightening and shortening motion	 contract
relax	A relaxing and lengthening motion	 relax


**Skeleton Joints**

**Skeleton joints** are areas where two or more bones are fitted together. They help us move. Without them, we would not be able to move.

  
elbow joint

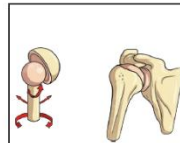
  
knee joint

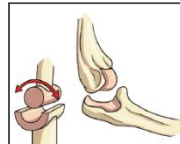
  
shoulder joint

  
hip joint

**Types of Joints**

There are different types of **joints** and they allow different types of movement. Here are two examples:

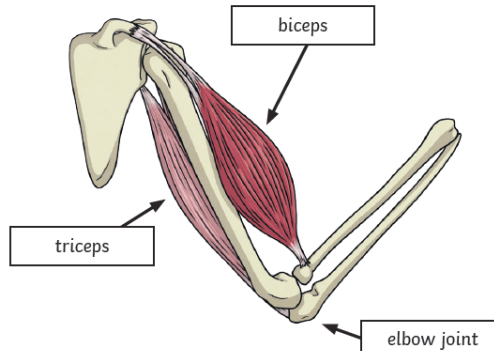
  
ball-and-socket joint

  
hinge joint

**Muscles**

**Muscles** are attached to bones. They pull on bones to move them.

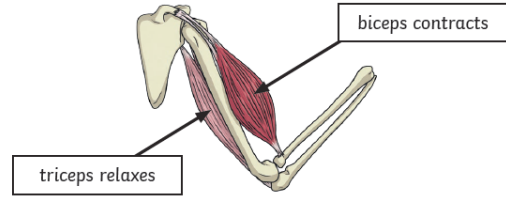
**Muscles** cannot push our bones; they only pull. This means they have to work in pairs. One of the **muscles** in the pair **contracts** (gets shorter and tightens) while the other **muscle relaxes** (gets longer).



**Biceps and Triceps**

The **muscles** in the upper arm are a pair called the **biceps and triceps**. They allow you to bend and straighten your arm.

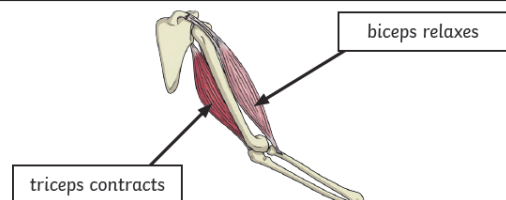
When you lift your arm towards your shoulder, the **biceps** pulls your lower arm in by **contracting**. As the **biceps contracts**, the **triceps relaxes** and gets longer.



biceps contracts

triceps relaxes

As the arm goes back down, the opposite happens.



biceps relaxes

triceps contracts