

Exercises

A. Tick the correct option:

1. There are _____ bones in the body.

Answer-(c) 206

2. The smallest bone in our body is in the _____.

Answer-(b) ear

3. The upper arm has a single long bone called _____.

Answer-(d) humerus

4. Backbone is made up of ring like bones called _____.

Answer-(c) vertebrae

5. _____ protects our lungs and heart.

Answer-(a) Ribcage

B. Short answer type questions:

1. What is the function of cartilage?

Answer- Cartilage is a type of tissue. It cushions the bones and acts as a shock absorber.

2. Why does our chest move when we breathe?

Answer- When we breathe our chest moves because of flexible ribs found in chest region.

3. What are ligaments?

Answer- Ligaments are strong tissues that hold the bones together at joints.

4. Where is Hinge Joint located?

Answer- Hinge joint is found in elbows, knees, fingers and toes.

5. How are muscles connected to bones?

Answer- Muscles are connected to the bones by strong fibre called tendons.

C. Long answer type questions:

1. What are the main functions of Skeleton?

Answer- The main functions of Skeleton are;

*Support the body and maintain its shape.

*Protect the internal organs of the body.

*Help the body to move.

2. What does the skull do?

Answer- The skull protects the brain and give shape to the face .It also gives protection to the eyes, tongue and inner ears.

3. Write a few lines about ribcage.

Answer- The ribcage is a twelve pairs of curved bones. It protects the heart and lungs. It is found in chest region.

4. How does the pivot joint work?

Answer- Pivot joint consists of the rounded end of one bone fitting into a ring formed by the other bone. It allows rotating movement from side to side.

5. How do muscles work?

Answer- Muscles work in pairs by contraction and expansion to cause movement.

D. Fill in the blanks:

1. Red blood cells (RBCs) are produced in bone marrow.

2.The skull contain immovable joints.

3. The pivot joint helps to move the head.

4. Ball and socket joint allows movement in every direction.

E. State True or False:

1. Bones are soft on the outside. [False]

2. Backbone helps us to bend and turn.[True]

3.The last two pairs of ribs are joined to the breastbone.[True]

4. The place where two bones join is called a joint. [True]

5. We can control our involuntary muscles.[False]

F. Match the columns:

Column A

Column B

1.Skull- bony framework of the head

2.Backbone- protects spinal cord

3. Ribs - long and curved bones

4. Limbs- our legs and arms

5. Girdles- limb bones are attached to this

G. Give an example of:

1. Immovable joint- Skull, pelvis
2. Ball and socket joint- shoulders , hip joints
3. Voluntary muscle- hands , legs
4. Involuntary muscle- heart , stomach

H.. Puzzle time :

1. Give the number of bones in:

- (a) the body - 206
- (b) wrists and hand- 27
- (c) the legs- 3
- (d) forelimbs- 3

2. Write the name of:

- (a) smallest bone in our body - stirrup
- (b) flat bone in the middle of chest - sternum
- (c) longest bone in our body - femur
- (d) joint between first and second vertebrae- pivot joint
- (e) joint between small bones of wrist and ankle - gliding joint

J. Problem solving assessment :

1. Spasm causes _____.

Answer -(c)both (a)and(b); pain and discomfort

2. Back spasm can occur if back is turned_____.

Answer-(a) suddenly

3._____ muscles support the back.

Answer -(c) abdominal

4. Spasm is often caused due to_____.

Answer-(c) injury

5. Keep your poster_____.

Answer-(b) straight