



Bones

Let's learn about the Skeleton!

Calcaneus (kal-KANE-ee-us) — You may know this as the heel bone. It's the largest of the ankle bones, and very important for keeping your balance.

Carpals (KAR-pulz) — Wrist bones — without these, you'd never be able to wear dangly bracelets! Or move your mouse!

Clavicle (KLAV-ih-kul) — Collar bone — Very necessary for wearing necklaces!

Femur (FEE-mer) — Thigh bone, extends from the pelvis to the knee. It's the longest bone in the human body and is one of the strongest and heaviest.

Fibula (FIB-yoo-la) — Smaller of the 2 bones of the lower leg (but still pretty powerful!)

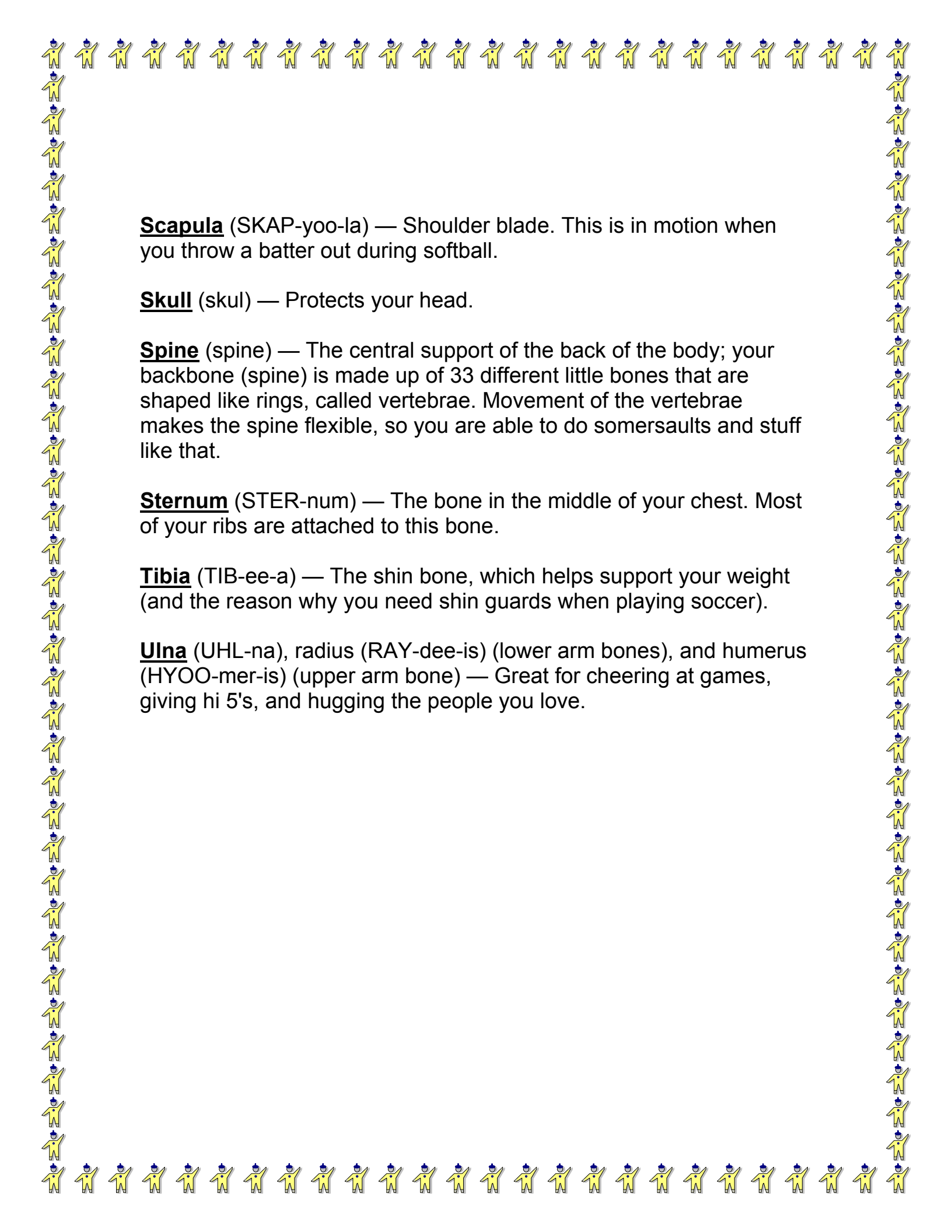
Metacarpals (MET-ah-KAR-pulz) — Hand bones — important for writing or typing on the computer keyboard.

Patella (pa-TEL-la) — Kneecap.

Pelvis (PEL-vis) — A ring of bones in the lower part of the body; the pelvis is bounded by the coccyx (tail bone) and the hip bones.

Phalanges (FA-lan-jeez) — Small finger and toe bones. These help you dial the phone, as well as balance on your feet.

Ribs (ribz) — No, not the barbecued kind. Ribs are flat, curved bones joined to the breastbone by cartilage and to the vertebrae of the spine. They also protect your heart and lungs.



Scapula (SKAP-yoo-la) — Shoulder blade. This is in motion when you throw a batter out during softball.

Skull (skul) — Protects your head.

Spine (spine) — The central support of the back of the body; your backbone (spine) is made up of 33 different little bones that are shaped like rings, called vertebrae. Movement of the vertebrae makes the spine flexible, so you are able to do somersaults and stuff like that.

Sternum (STER-num) — The bone in the middle of your chest. Most of your ribs are attached to this bone.

Tibia (TIB-ee-a) — The shin bone, which helps support your weight (and the reason why you need shin guards when playing soccer).

Ulna (UHL-na), radius (RAY-dee-is) (lower arm bones), and humerus (HYOO-mer-is) (upper arm bone) — Great for cheering at games, giving hi 5's, and hugging the people you love.



Now, answer these Questions about your bones:

1. What is a skeleton?

A. _____

2. What would happen if we had no bones?

A. _____

3. How many bones are there in the human body?

A. _____

4. Which is our most important bone?

A. _____



5. What is the bone in our head called?

A. _____

6. What does this protect?

A. _____

7. What do our ribs protect?

A. _____

8. Which part of a bone is hard?

A. _____



9. What is the inside of a bone called?

A. _____

10. What sort of bones do young children have?

A. _____

11. When do our bones stop growing?

A. _____

12. What is another name for the backbone?

A. _____



13. Write down the names of some other bones in the human body.

A. _____

14. Which of our bones make a sort of cage?

A. _____

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