

Y3,4 – Science – Week 7

LO: joints and muscles

Joints

Bones are linked together by joints. Most joints allow different parts of the skeleton to move.

There are different types of joints:

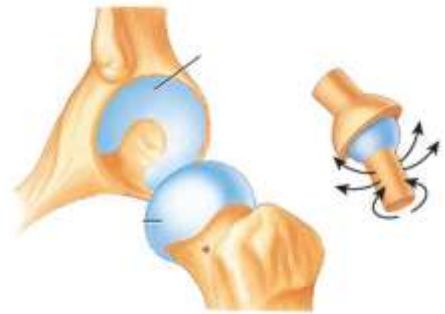
Hinge joints

- Our elbows and knees are hinge joints.
- They allow simple movement back and forth.



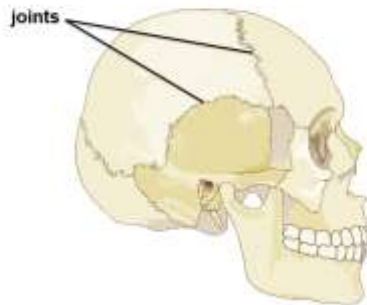
Ball and socket joints

- Our shoulders and hips are ball and socket joints.
- This allows movement in several directions.



Sliding and Fixed joints

- Sliding joints – like the ankle and wrist, allow for a little bit of movement at the joint.
- Fixed joints are where the bones are joined and do not move, like the bones in our skull.



Task 1 : Complete the table by putting a tick in the correct box

	hinge joint	ball and socket joint	sliding joint	fixed joint
skull				
elbow				
hip				
wrist				
knee				
shoulder				
ankle				

Muscles

You know you have muscles in your arms and legs. But did you know that you have muscles in your face? It's true there are 43 muscles in your face. Did you know that your tongue is a muscle? And muscles in your hands and feet? They're everywhere. In fact, there are about 600 muscles in your body!

“What do muscles do?” I hear you ask. Well, **muscles help bones to move.**

Did you know that it takes more muscles to make you frown than it does to make you smile? It's true!

Task 2: Do some different physical activities and try to feel where in your body you feel muscles moving. For example, have something to eat, walk up the stairs, hop on one leg, jump on the spot, hold something out in front of you.

“So how do muscles work?” That is a great question. Go to the following webpage to read about how muscles work. It's a KS3 page but you guys are really smart!

<https://www.bbc.co.uk/bitesize/guides/zpkq7ty/revision/3>

Task 3: Complete the Quiz on Kahoot

Follow the link and take part in the multiple choice quiz. Good luck!

https://kahoot.it/challenge/05103836?challenge-id=3a7cbd48-a39c-473c-b395-eab72e699caf_1592946379657

Game PIN: **05103836**