

### Joints Worksheet

Cut out and stick in this diagram of the arm. Use p. 186 of the yellow book to label it.

Diagram of arm showing bones and muscles

Fill in the gaps in the following. Cut and stick!

Bones are held together by strong fibres called ..... which have tensile strength and some elasticity. This makes it possible for joints to ..... without the bones being easily dislocated. The ..... of the bones in a joint are covered with a smooth layer of ..... which stops the bones ..... together. Cartilage is strong but not rigid. This allows it to be slightly compressed and to absorb shock. A ..... in the joint secretes ..... fluid which is oily making the surface of the cartilage ..... and helps the joint to move easily. ...., which attach muscles to bones, have tensile strength and little elasticity. Muscles that move a joint work in ..... pairs. For example, to bend your arm the ..... muscle ..... To straighten your arm again, the ..... muscle .....

contracts	antagonistic	slippery	biceps	
synovial	rubbing	contracts	membrane	tendons
bend	triceps	ends	ligaments	cartilage