

Start

Date

Use these functions of the skeleton

What connects our bones together?
muscles, joints, ligaments

3. What is the correct name for a broken
bone? fracture, crack, joint

Moving and Growing Worksheet

Name

Date

4. Draw a line to match the body's organs with their function.

Brain

Keeps blood around the body

Heart

Keeps down food

Stomach

Controls our body

Small

Helps us to breathe

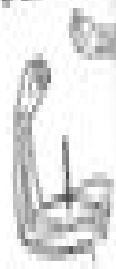
5. What keeps our bones and muscles healthy? Tick three boxes.

exercising our muscles getting the right amount of sleep

drinking regular water being a balanced diet

having very little salt and sugar having only meat

6. Label the muscles



7. Describe what muscles just like bones are made of

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8. When we exercise we breathe more quickly. Explain why

When we exercise we breathe more quickly because our muscles need more oxygen to produce energy.

9. Explain why we produce sweat during exercise

We produce sweat during exercise to cool our body down.

10. Why is a balanced diet important and growth?

A balanced diet is important for growth because it provides the body with all the nutrients it needs to grow and develop.

11. What would happen if you ate and didn't exercise?



If you ate but didn't exercise, you would gain weight and become out of shape.