

sheet

Date _____

Write three functions of the skeleton.

What connects our bones together so we can move?
_____ joints _____ fractures

2. What is the correct name for a broken bone?
_____ fracture _____ joint _____

Moving and Growing Worksheet

Name _____

Date _____

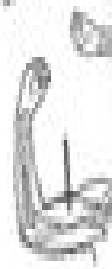
4. Draw a line to match the body's organs with their function.

- Brain Pumps blood around the body
- Lungs Breaks down food
- Heart Controls our body
- Stomach Helps us to breathe

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

- Washing our hands Getting the right amount of sleep
- Eating regular exercise Eating a balanced diet
- Eating only fruit and vegetables Eating only meat

6. Label the arm



7. Describe what muscles just like lower arm is rich

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

9. Explain why we produce sweat during exercise

10. Why is a balanced diet important for movement and growth?

11. What would happen if we didn't exercise and eat a balanced diet?

