

The human body is like a machine with many different parts. It is made up of **bones** and **muscles**. Bones give shape to the body and muscles help in body movements. They help the body to move, work and play.

## BONES

A human body has 206 bones. All the bones in the body join together to form the **Skeleton**. You cannot see your bones. But you can feel them underneath your skin.

The skeleton gives shape and support to our body. The skeleton also protects the soft inner parts of our body, like the **brain**, the **heart**, the **lungs** and the **stomach**.



*Skeleton*

## JOINTS

We can move different parts of our body because our bones are joined together at many places. These places are called **Joints**.



*Neck joint*



*Elbow joint*



*Wrist joint*



*Hip joint*



*Knee joint*



*Ankle joint*

*Some joints of the body*

## MUSCLES

Muscle is the soft part below the skin. There are more than 600 muscles in our body. Bones and muscles work together. Muscles pull the bones to make them move. Muscles attached to your arm and leg bones, help you to run or throw a ball. Muscles attached to your finger bones, help you to write or pick up a spoon.



*Muscles*



*The muscles and bones of your hand work together to help you draw.*



*Your body has about 600 muscles. Muscles make up almost half of your body's weight.*

## EXERCISE

Regular exercise and healthy food keep our bones and muscles strong. When we use our muscles, they become strong. So



*Cycling*



*Swimming*



*Running*

we must exercise them. Running, skipping, brisk walking, cycling and swimming are good exercises.

## POSTURE

A posture is the position in which we hold our body when we sit, stand or move. We must sit and stand **straight**. We must walk **upright**. Correct posture keeps our body in proper shape.





## Know the Keywords :

- Bones : The hard part of our body.  
Muscles : The soft part of the body that covers the bones.  
Skeleton : The frame of bones supporting a human body.  
Exercise : Physical activity that keeps your body strong and healthy.  
Posture : The position in which we hold our body when we sit, stand or move.

## Point to Remember

- Our body is made up of bones and muscles.
- All the bones together form the skeleton.
- The muscles cover the bones.
- The skeleton protects the delicate parts of the body.
- The place where bones are joined is called a joint.
- Correct posture is important to keep the body in proper shape.
- Exercise makes our muscles strong.

## EXERCISE TIME

### A. Multiple choice questions (MCQs).

Tick (✓) the correct option :

1. Human body is made up of \_\_\_\_\_.  
a. bones  b. muscles  c. both (a) & (b)
2. \_\_\_\_\_ are the soft parts below the skin.  
a. Muscles  b. Bones  c. Joints
3. Human body has \_\_\_\_\_ bones.  
a. 207  b. 211  c. 206
4. Correct posture keeps our body in proper \_\_\_\_\_.  
a. shape  b. weight  c. colour

## B. Fill in the blanks :

1. All the bones together form the \_\_\_\_\_. (muscles/skeleton)
2. Our bones are joined together at \_\_\_\_\_. (muscles/joints)
3. There are more than \_\_\_\_\_ muscles. (600/700)
4. We must sit and stand \_\_\_\_\_. (straight/upright)

## C. Match the following :

### Column 'A'

1. Bones
2. Muscles
3. Our body
4. Regular exercise
5. A good posture

### Column 'B'

- a. helps us to stay healthy and smart.
- b. makes our muscles and bones strong.
- c. gives shape and support to our body.
- d. help our bones to move.
- e. is made up of bones and muscles.

## D. Answer the following questions :

1. What is a skeleton?

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2. What gives shape to our body?

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3. What is the function of muscles?

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4. How can we make our bones and muscles strong?

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5. What is posture?

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## Activity Time



- See yourself in a big mirror while sitting and standing. State whether your posture is good or bad.