

Bones and Skeletons

Our bones

- Our bones make up our skeleton.
- An adult has 206 bones in their skeleton.
- Our skeleton supports our body and protects our organs.
- Without a skeleton we would just be one big wobbly jelly!!!

What do our bones help us do?

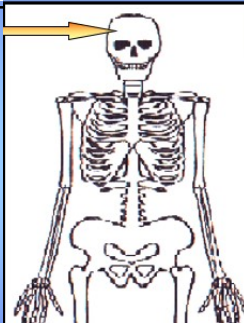
- Some bones help us move.
- Bones in the hands and arms help us lift and carry.
- Bones in the legs help us run and jump.
- Where two bones join together, this is called a 'joint'.
- Bones are held together at joints by tough fibres called 'ligaments'.

More about bones!

- Bones are made of living tissue.
- Each bone has its own special name.
- Bones are made up of several layers.
- About half of a bone is just water.

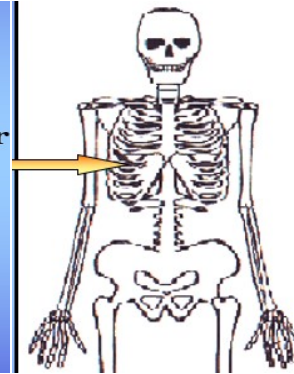
Skull

There are 29 bones altogether in the skull and jaw. They make a box to protect the brain, eyes and ears.



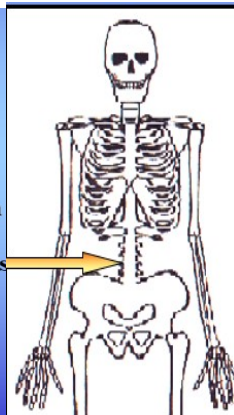
Ribcage

This protects the heart and lungs and other upper organs. There are 24 curved bones, and the sternum runs down the middle.



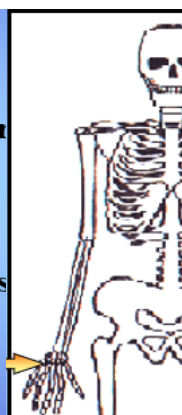
Spine

It is made up of 24 individual small bones (called vertebrae). Your spine supports your head and body. Each of the bones are linked by small joints which can move a little. Lots of small movements add up and let your spine bend a lot.



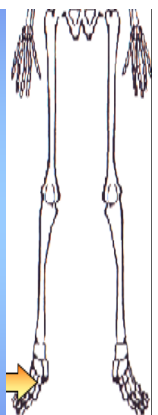
Hand bones

There are lots of bones in your hands. There are bones in your wrist (carpals), palms (metacarpals) and fingers (phalanges).



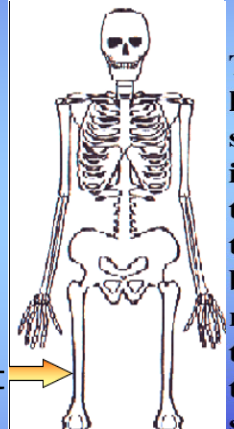
Foot bones

There are 26 bones in your foot. They can make an arch shape to support your body when you stand up.



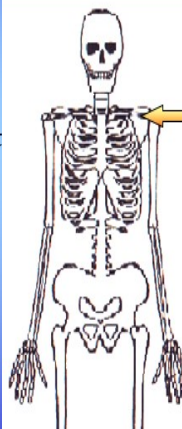
Femur

The **femur** is the longest largest and strongest bone of the human body. It forms part of the hip and part of the knee.



Scapula

This is also known as the shoulder blade. It is a flat triangular bone that lies over the back of upper ribs. Helps with the movement of the arm and shoulder.



Pelvis

Your pelvis is shaped like a bowl. It holds all of the organs in the lower part of the body. It is a slightly moveable joint.

