

## Teacher's Guide

This guide includes:

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## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)



Grades 6 to 8 • Human Body Series

# Bones, Muscles, and Joints

Every morning, you yawn, stretch, and get out of bed – thanks to your bones, muscles, and joints! The following discussion questions and activities will help your students learn how the bones, muscles, and joints work together, as well as how to prevent injuries from occurring.

## Related KidsHealth Links

### Articles for Kids:

#### Your Bones

[KidsHealth.org/kid/htbw/bones.html](http://KidsHealth.org/kid/htbw/bones.html)

#### The Facts About Broken Bones

[KidsHealth.org/kid/ill\\_injure/aches/broken\\_bones.html](http://KidsHealth.org/kid/ill_injure/aches/broken_bones.html)

#### Cool Cast Facts

[KidsHealth.org/kid/feel\\_better/things/casts.html](http://KidsHealth.org/kid/feel_better/things/casts.html)

#### Strains and Sprains Are a Pain

[KidsHealth.org/kid/ill\\_injure/aches/strains\\_sprains.html](http://KidsHealth.org/kid/ill_injure/aches/strains_sprains.html)

#### Movie: The Skeletal System

[KidsHealth.org/kid/htbw/SSmovie.html](http://KidsHealth.org/kid/htbw/SSmovie.html)

#### Your Muscles

[KidsHealth.org/kid/htbw/muscles.html](http://KidsHealth.org/kid/htbw/muscles.html)

#### Getting Muscles

[KidsHealth.org/kid/stay\\_healthy/fit/getting\\_muscles.html](http://KidsHealth.org/kid/stay_healthy/fit/getting_muscles.html)

#### Movie: The Muscular System

[KidsHealth.org/kid/htbw/MSmovie.html](http://KidsHealth.org/kid/htbw/MSmovie.html)

### Articles for Teens:

#### Bones, Muscles, and Joints: The Musculoskeletal System

[KidsHealth.org/teen/your\\_body/body\\_basics/bones\\_muscles\\_joints.html](http://KidsHealth.org/teen/your_body/body_basics/bones_muscles_joints.html)

#### Dealing With Broken Bones

[http://kidshealth.org/teen/safety/first\\_aid/broken\\_bones\\_sheet.html](http://kidshealth.org/teen/safety/first_aid/broken_bones_sheet.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. The adult human body has 206 bones, but a baby's body has about 300 bones. Why is there such a difference? What happens to these bones as you grow up?
2. Make a list of ways that your bones protect parts of your body.
3. Bones rely on the muscles and joints to move. How do they all work together?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Dem Bones

#### Objectives:

Students will:

- Identify the major bones in the body
- Learn what these bones do

#### Materials:

- Computer with Internet access
- Art supplies (markers, crayons, scissors, glue)
- Dem Bones handout (available at: [KidsHealth.org/classroom/6to8/body/parts/bones\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/body/parts/bones_handout1.pdf))

#### Class Time:

1½ hours

#### Activity:

Dem Bones Toy Company has hired you to create a puzzle that will help your friends learn about the bones in their bodies. First, read the articles at KidsHealth to learn all about the bones and what they do. Then, cut out the bone puzzle pieces on the handout and use them to create a puzzle of the human skeleton. Don't forget to label the major bones in the body and list what they do.

#### Extensions:

1. Many people are familiar with the famous gospel song "Dry Bones" that describes how the different bones in the body fit together ("The foot bone connected to the leg bone," and so on.) It's your turn to create a song, poem, or verse about the body – this time about the muscles and joints and how they help the bones move. Using catchy rhymes can help you remember the words.
2. Illustrate how the skeletal muscles and tendons help bones move. Label all parts and what they do.



## Give Me a Break!

### Objectives:

Students will:

- Identify injuries that can occur to bones, muscles, and joints
- Determine how to prevent these injuries
- Discover what to do if an injury occurs

### Materials:

- Computer with Internet access
- Pen and lined paper

### Class Time:

1½ hours

### Activity:

Every day kids do things that cause bones to break, muscles to strain, and ligaments to sprain. But there are ways to help prevent these injuries. Using the articles at KidsHealth, write an informational flyer offering tips to help your friends avoid these injuries. Be sure to include this information:

- The kinds of injuries that can occur
- Precautions to take to prevent these injuries
- What to do if a bone is broken or a muscle is pulled

### Extensions:

1. Create a video for young kids showing them what to expect if they need to get a cast or splint
2. Your friend just fell off his bike and is clutching his arm. You think it might be broken. How can you help him?

## Reproducible Materials

### Handout: Dem Bones

[KidsHealth.org/classroom/6to8/body/parts/bones\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/body/parts/bones_handout1.pdf)



## Dem Bones

Instructions: Cut out the bones and use them to create a puzzle of the human skeleton. Label the major bones and briefly describe what they do.

