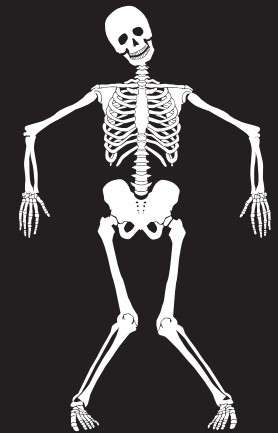
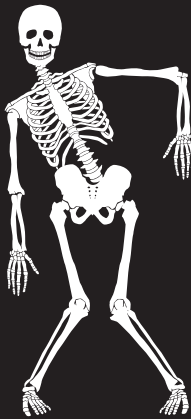
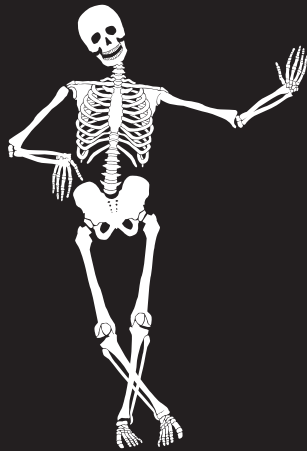
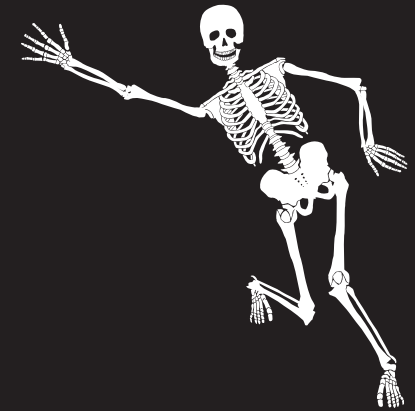
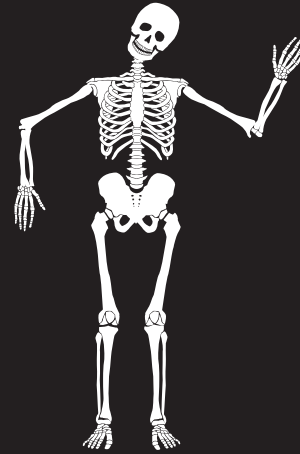
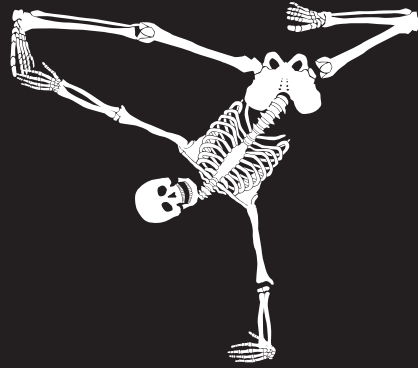
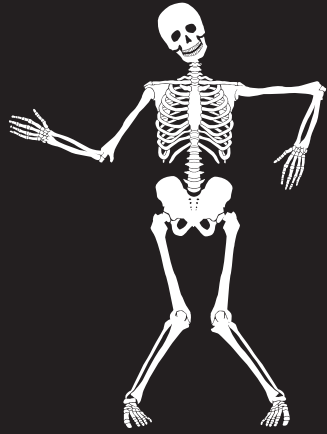


# The Human Skeleton

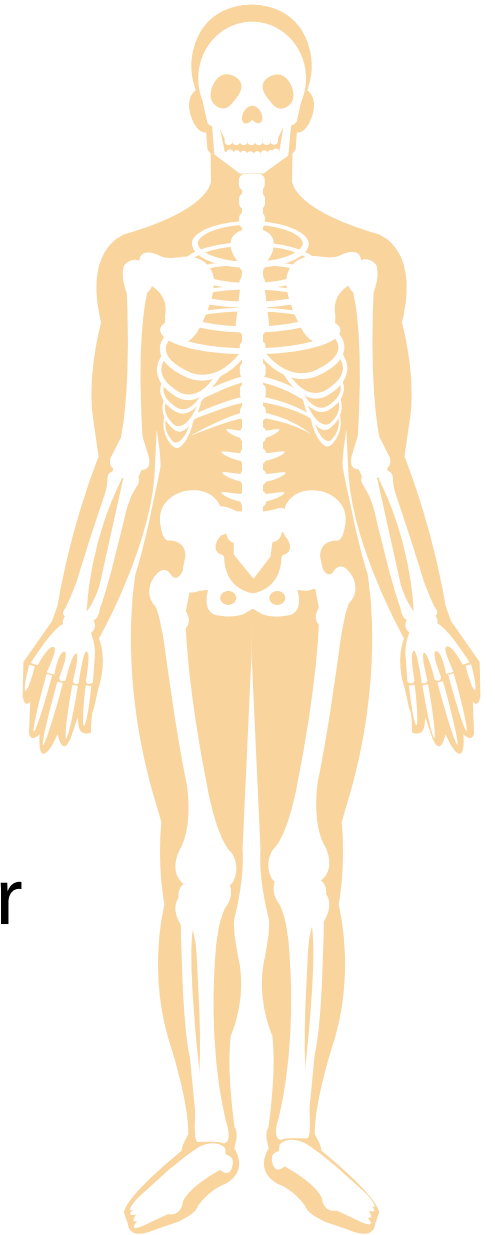


# OUR SKELETONS

Did you know there are 206 bones in the human body?

Our bones give our bodies shape and support. They also protect the soft tissues of our internal organs.

The bones in our skeletons are held together by connective tissues. Places where bones connect are called joints. Joints allow us to bend and move our bodies.





Bones provide a framework for muscles to attach to so we can move.

Our skeletons give our bodies structure and they allow us to move.

Our spines are made up of 33 vertebrae. Your skull, ribs and pelvis bones all connect to the spinal column.

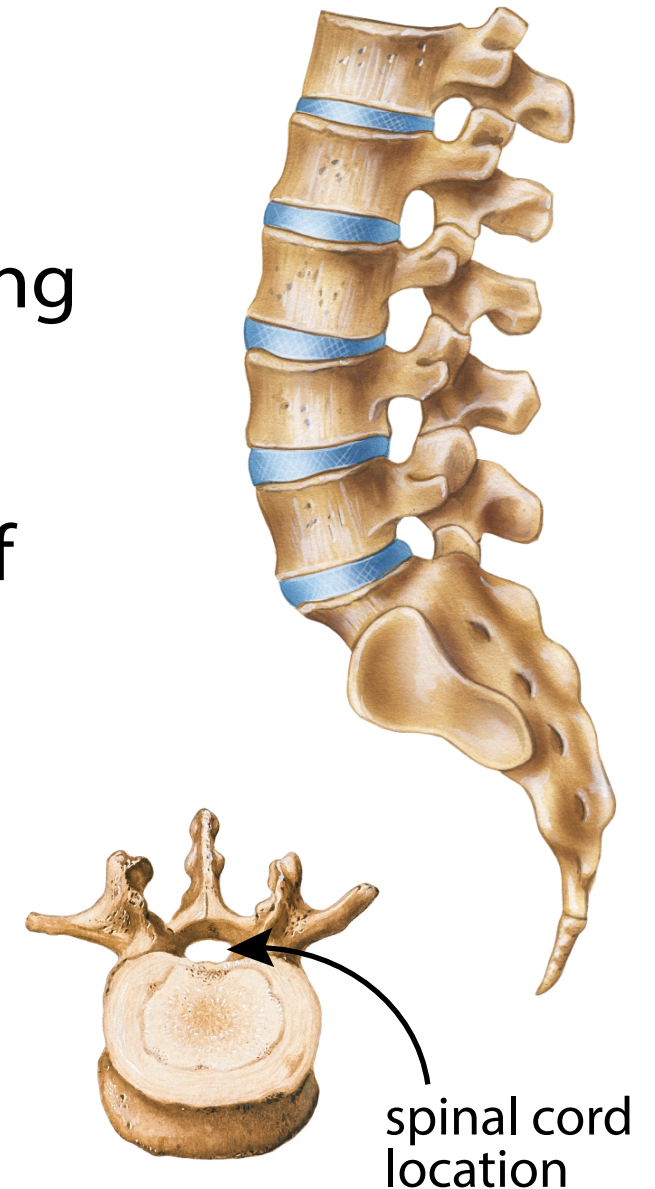


# THE SPINAL COLUMN

The vertebrae in your spinal column are stacked one on top of another in a column. They are separated by cushioning discs of tissue called cartilage.

The spinal cord runs down the middle of each vertebra. Messages from the brain are sent to all parts of the body via the spinal cord. If it is damaged you could become paralysed.

The vertebrae protect the nerves in the spinal cord from damage.





# THE SKULL

The skull is like a helmet for the brain.

The skull supports the brain and protects it from injury.



8 bones fuse together to form the top of your skull, the cranium.



# THE RIB CAGE

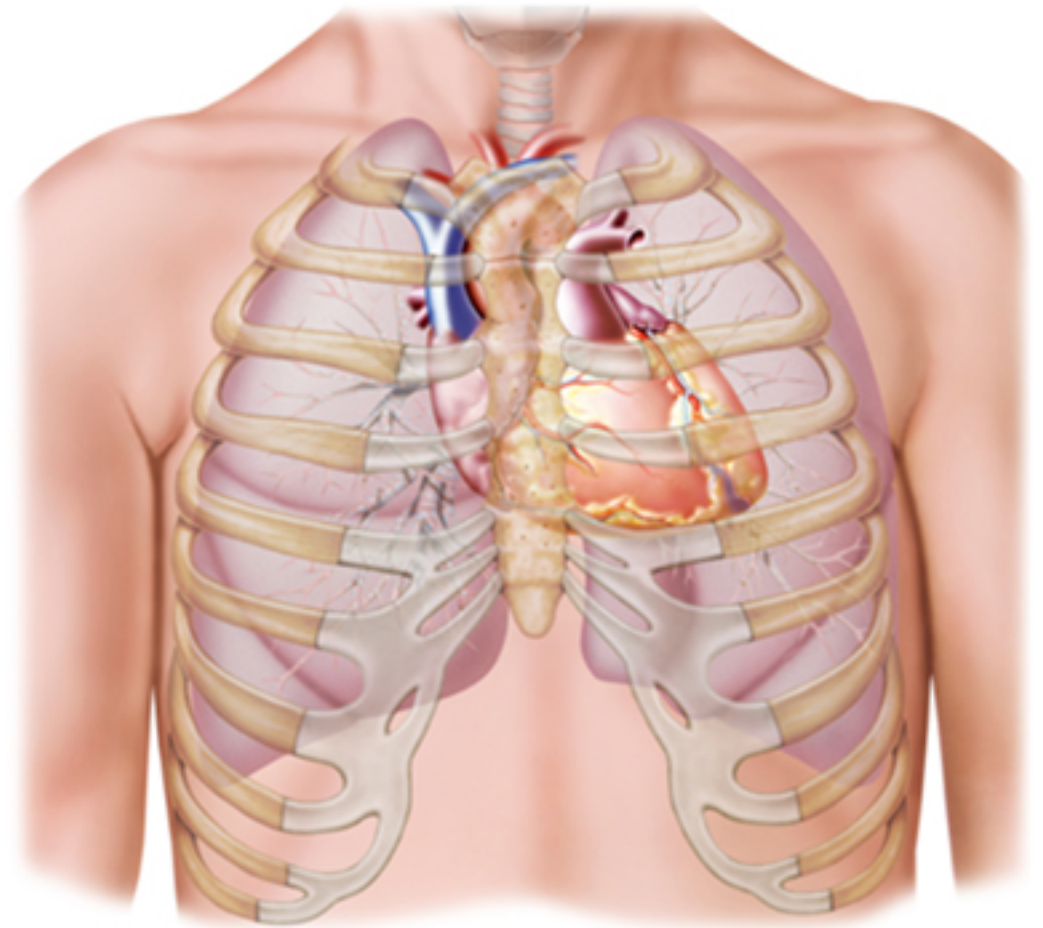
Run your hand up and down the front sides of your body. Can you feel your ribs?

The ribs curve around your body from the front to the back. They surround your vital organs to protect them.

Your heart and lungs are well protected by the cage of rib bones.



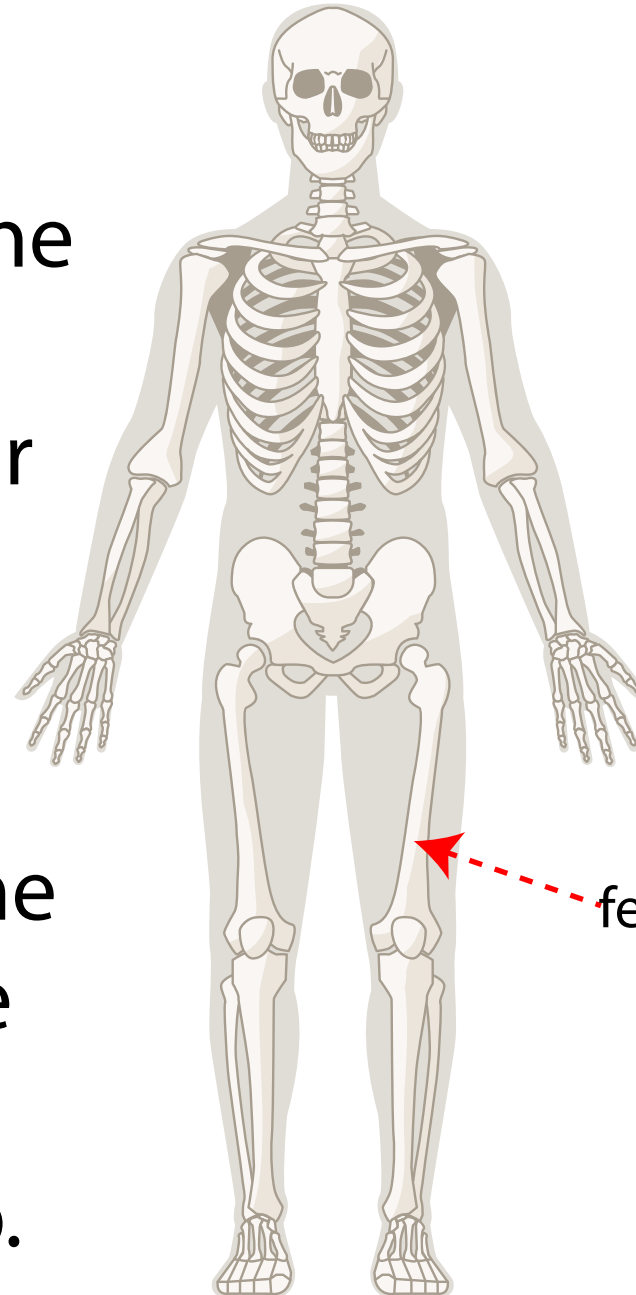
Bones protect the vital organs in our bodies: the brain, heart and lungs.



# THE LONGEST BONE

Did you know the longest bone in your body is called the femur, which is located in your thigh?

As well as being the longest bone in your body, it is also the strongest bone. It needs to be strong to support your body when you walk, run and jump.

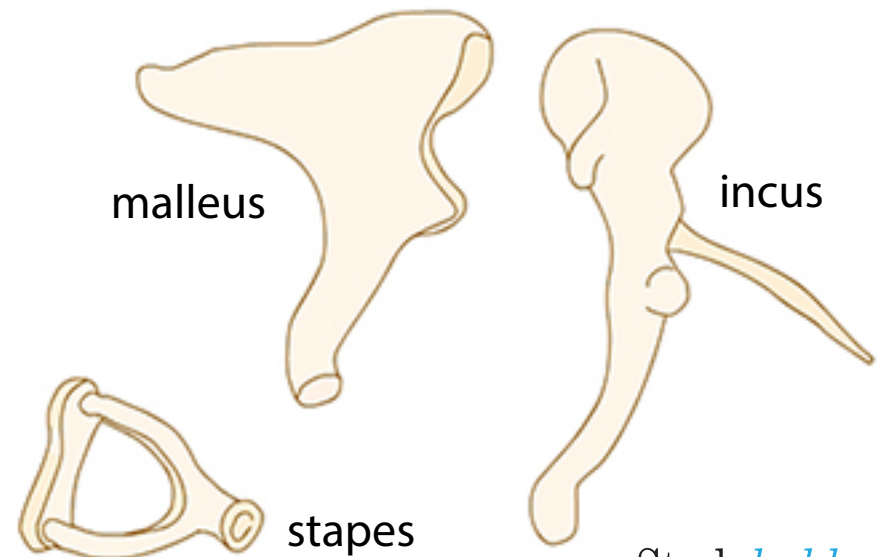
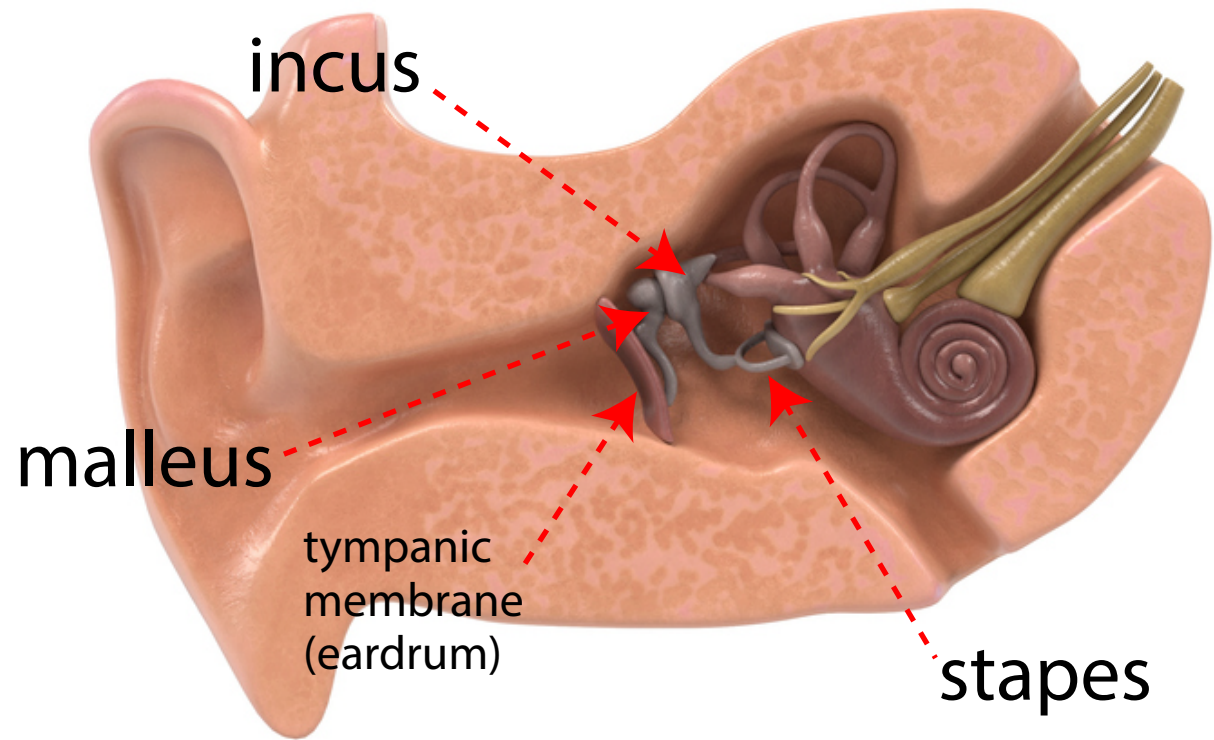


What are the longest and smallest bones in your body?

# THE SMALLEST BONE

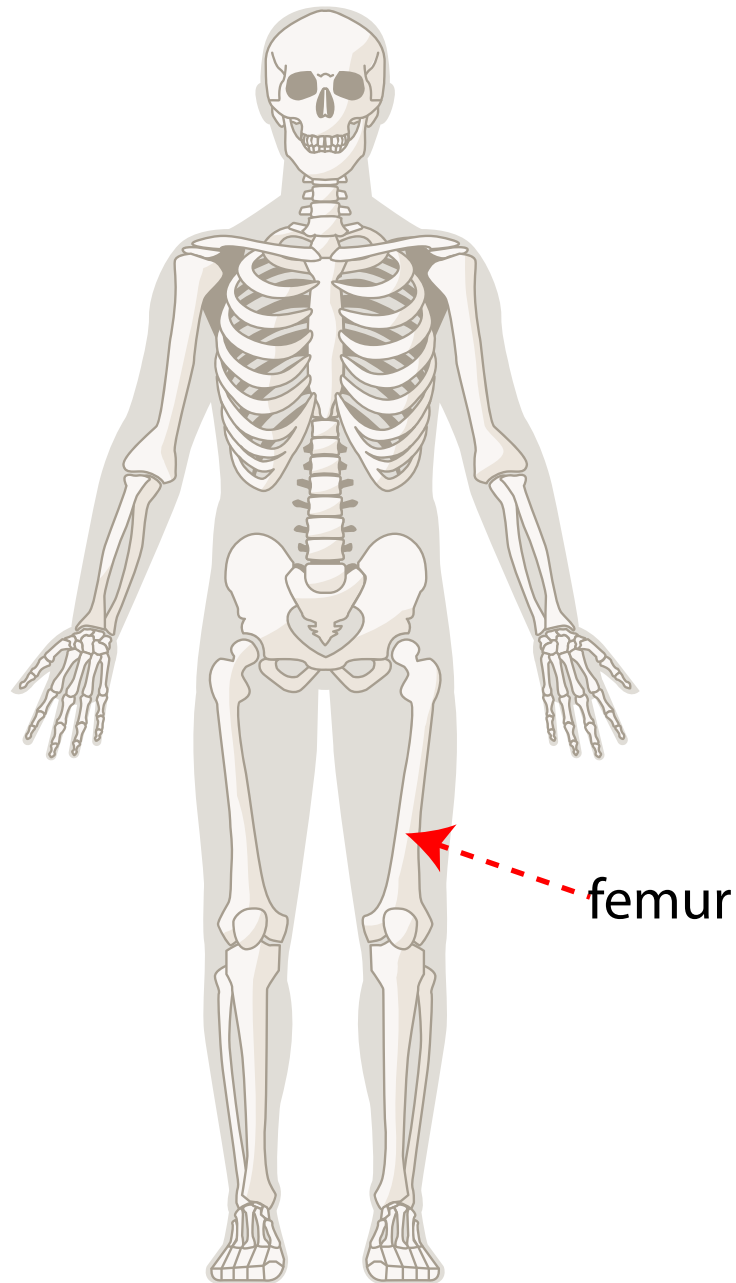
Did you know the smallest bones in your body are inside your ear?

There are three bones in the middle ear: the malleus, the incus and the stapes. The smallest bone is the stapes and it is only  $\frac{1}{4}$  cm long! This is the smallest bone in our body.





# How many bones can you name?



# Bones Of The Human Skeletal System

