

YOUR BONES

Level 2-3

My bones may be longer than yours, but they all do the same things no matter how tall you are. Some of your bones give strength and stability for your arms, legs and back. They also allow you to move and stand up straight. Other bones protect areas of your body that are soft. For example, your ribs protect your heart and lungs.

Bones are hard on the outside and soft in the middle.

Bones are joined together at joints and are held together by strong stretchy bands called ligaments. Some are like door hinges and others, like your hips and shoulders are joined with a ball and socket joint so you can have wide movement in all directions. Our muscles move these bones.

TRY THIS

The length of your foot is the same as the length of forearm (the piece between your elbow and your wrist). Measure them to see.



HOW MANY BONES?

Skull and upper jaw **21** bones

3 tiny bones in each ear

Lower jaw (mandible)

Front neck bone (hyoid)

Backbone or spine (**26** separate bones or vertebrae)

Ribs (**12** pairs - same number for men and women)

Breastbone

Each upper limb has **32** bones: **2** in shoulder, **3** in arm, **8** in wrist, **19** in hand and fingers.

Each lower limb has **31** bones: **1** in hip (one side of pelvis), **4** in leg, **7** in ankle, **19** in foot and toes.

Total = **206** bones



TRY THIS

Some hard parts of your body aren't made up of bone. Can you find and name them?

FACTS

1. An adult has 206 bones.
2. A baby has 300 bones.
3. The smallest bone is the stirrup, deep in the ear. It is hardly larger than a grain of rice.
4. At night you grow a little taller because disks in your backbone swell up. But you go back to your real height when you get up as the disks are squashed down again.
5. A piece of bone could support a small truck.
6. Our bones give us the shape that we have. Without our skeleton, we would just be a pile of blood and skin on the floor.
7. The largest bone is the pelvis, or hipbone. In fact, it is made of six bones joined firmly together.
8. The longest bone is the femur, in the thigh. It makes up almost one quarter of the body's total height.
9. The ears and nose do not have bones inside them. Their inner supports are cartilage or 'gristle', which is lighter and more flexible than bone. This is why the nose and ears can be bent.



HEALTH TIP

YOUR BONES NEED LOOKING AFTER. CALCIUM THAT IS FOUND IN MILK PRODUCTS, MAKE YOUR BONES HEALTHIER AND STRONGER.