

LITTERA PUBLIC SCHOOL

CLASS V

SCIENCE

CHAPTER 4

BONES AND MUSCLES

Key words:

Skeleton: Framework of our body

Skull: The bony structure that protects our brain, eyes, ears and nose.

Ribcage: The bony structure that protects the lungs and heart

Backbone: The very important structure that supports the body and protects the spinal cord

Girdles: The structures that join the limbs to the other parts of the body

Joint: The place where two or more bones join with each other

Cartilage: Strong and flexible tissue present at the joints

Tendons: Tissues which attach muscles to the bones

Ligaments: Tissues which attach one bone to another at a joint

Involuntary muscles: The muscles whose movement are not under our control

Voluntary muscles: The muscles whose movement are under our control

Answer the following questions.

1. What are the functions of skeleton?

Ans. Functions of skeleton are-

- Bones of the skeleton form a body framework.
- They give shape and support to the body.
- They help us to stand upright.
- They protect the delicate internal organs.
- The bones are attached to muscles and help in movement.

2. Define the movable joints with an example.

Ans. The joints that provide free movement to the body are called movable joints. These joints are covered with a strong tissue called cartilage which prevents the bones rubbing against each other.

3. Write the difference between voluntary and involuntary muscles.

Ans.

Voluntary muscles	Involuntary muscles
The movement of these muscles are under our control	The movement of these muscles are not under our control.
Example- arms, legs etc.	Example- heart, stomach etc.

4. What is a joint? What are the different types of joints?

Ans. The place where two or more bones join is called joint. The different types of joints are-

- Pivot joint
- Hinge joint
- Ball and socket joint
- Gliding joint

5. What is a cartilage and a ligament?

Ans. Cartilage – it is a tissue that covers the bones at the joints to avoid Friction.

Ligament – it is a tissue that connects one bone to another and hold them together.