

ACTIVITY 4 HOW DOES THE BODY MOVE?

In this lesson, it's all about movement and as you can imagine Sarah needs to move a lot on her journey.

STARTER

What do you know about bones? In pairs, try and answer the questions below.

What is the name for all the bones in your body?

What does your skull do?

Are your bones bendy or straight?

Are bones rough or smooth?

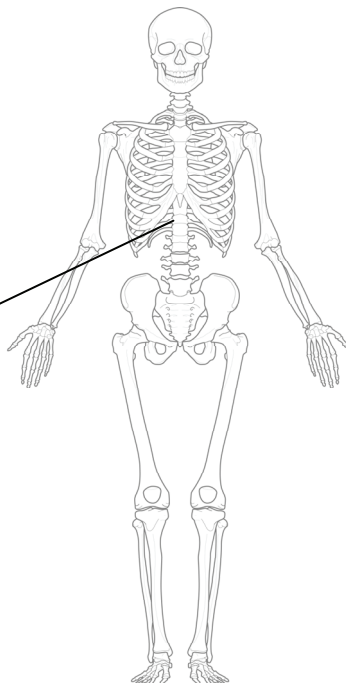
Where do you think the longest bone in your body is?

Can you draw a picture of what a bone looks like?

Q1

Watch the BBC clip on bones. Can you link the names of the bones with the right place on this skeleton?

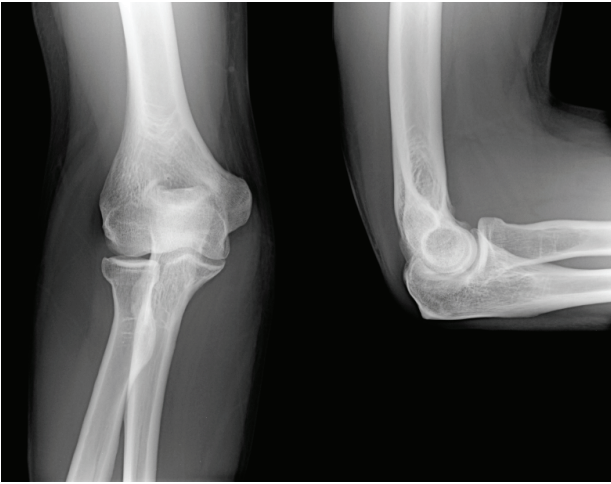
pelvis
arm bones
thigh bone
backbone
skull



knee cap
collar bone
ribs
hand bones
foot bones

Q2

Watch the video of Sarah talking about some very important parts of her body called joints. Joints are where your bones meet.



What would our body be like if we didn't have joints?

Which joint is shown in the picture?
Where would you find it?

Q3

In pairs discuss which joints Sarah uses when doing different movements and tick the correct joints in the table below.

Hint: try acting out the movement first with your partner

Joint	Talk	Walk	Run	Cycle	Row	Eat
Ankle						
Knee		✓				
Hip		✓				
Jaw		✓				
Wrist						
Shoulder						
Elbow						