



The human body is made up of bones.

c.v 10/7/20

Feel your right arm with the fingers of your left hand. Do you feel something hard? This hard thing is a **bone**. Do you feel something soft? The soft part is **muscle**.

(Our body is made up of **bones** and **muscles**.) Bones are hard and muscles are soft.

Our **skin** covers the bones and the muscles.

Bones and muscles together give shape and support to the body.

Our body has 206 bones and more than 600 muscles.

8/7/2020



Muscles are attached to the bones.

Muscles and Bones Work Together

The muscles are fixed to the bones and help them to **move**.



A weightlifter lifts weights with the help of his **bones** and **muscles**.

Muscles and bones help a swimmer to swim. Muscles and bones help a cricketer to bowl.



Muscles and bones help a weightlifter to lift weights.



Muscles and bones help a swimmer to swim.

Muscles and bones help a cricketer to bowl.

Muscles and bones help a cyclist to pedal. We can do all these things only if we have strong bones and muscles.



Muscles and bones help a cyclist to pedal.

Exercise Makes Muscles Strong

Muscles become strong when we use them regularly. That is why sportspersons exercise every day. Walking, jogging and light stretching exercises are important for good health. Eating healthy food helps to make our muscles strong.

✓ c.w 10/7/2020



Exercise makes our muscles strong.

Posture

A **posture** is the position in which we hold our body when we sit, stand or move. We must sit and stand **straight**. We must walk **upright**. These are **correct postures**. The correct posture gives proper shape to our body. It helps all the parts of our body to work properly. It makes us look smart! We must sit straight when we work on a computer.



Stand, sit, walk and work on a computer in the correct posture.