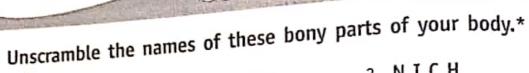


## Bones and Muscle





1. TISRW

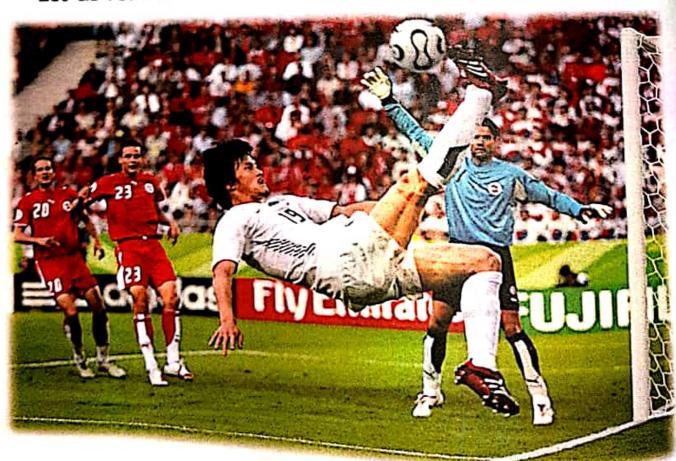
2. KEEN HRIST KNEE

3. NICH CHIN

HH 4. SENO 5. LUKLS

6. B E L W O

Let us read about how our bones and muscles help us.



\*ANSWERS: 1. WRIST, 2. KNEE, 3. CHIN, 4. NOSE, 5. SKULL, 6. ELBOW

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<sup>\*</sup>For detailed instructions, see inside front cover



The human body is made up of bones.

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 bone.

(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.



Muscles are attached to the bones.

## Muscles and Bones Work Together The muscles are fixed to the bones and help them to move.



Muscles and bones help a cricketer to bowl.

BONES AND MUSCLES

A weightlifter lifts weights with the help of his bones and muscles.
Muscles and bones help a swimmer to swim. Muscles and bones help 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 cyclist to pedal. we can do all these thing 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 C.12/4/2020 strong.



Exercise makes muscles strong

## **Posture**

A posture is the position in which we hold our body when we sit, st 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 look smart! We must sit straight when we work on a computer.



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