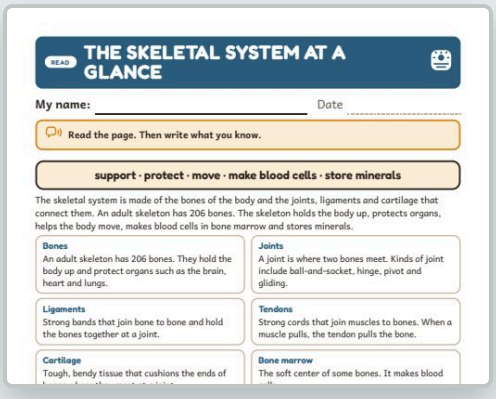
6TH–8TH GRADE · SCIENCE

BONES AND JOINTS

SKELETAL SYSTEM WORKSHEETS

Label the skeleton, fill in what bones and joints do, match clues to terms, read thigh data and draw the graph, sort protection and movement, and write short answers. Answer keys, a tracker and a family page. Print, or type your answers. PDF.


READ THE SKELETAL SYSTEM AT A GLANCE

My name: _____ Date _____

Read the page. Then write what you know.

support · protect · move · make blood cells · store minerals

The skeletal system is made of the bones of the body and the joints, ligaments and cartilage that connect them. An adult skeleton has 206 bones. The skeleton holds the body up, protects organs, helps the body move, makes blood cells in bone marrow and stores minerals.

Bones An adult skeleton has 206 bones. They hold the body up and protect organs such as the brain, heart and lungs.

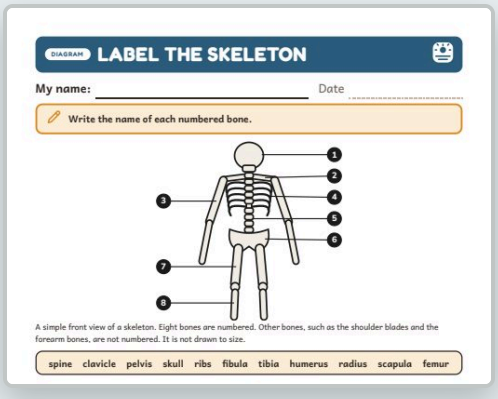
Joints A joint is where two bones meet. Kinds of joint include ball-and-socket, hinge, pivot and gliding.

Ligaments Strong bands that join bone to bone and hold the bones together at a joint.

Tendons Strong cords that join muscles to bones. When a muscle pulls, the tendon pulls the bone.

Cartilage Tough, bendy tissue that cushions the ends of

Bone marrow The soft center of some bones. It makes blood

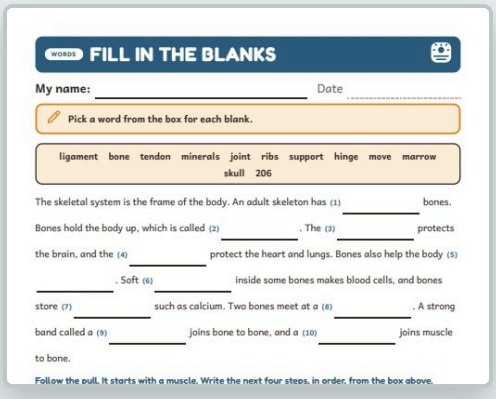

DIAGRAM LABEL THE SKELETON

My name: _____ Date _____

Write the name of each numbered bone.

A simple front view of a skeleton. Eight bones are numbered. Other bones, such as the shoulder blades and the forearm bones, are not numbered. It is not drawn to size.

spine clavicle pelvis skull ribs fibula tibia humerus radius scapula femur


WORDS FILL IN THE BLANKS

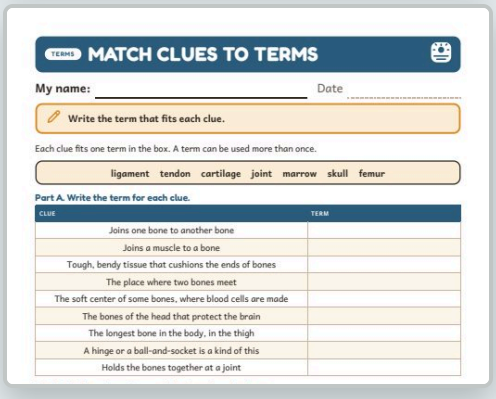
My name: _____ Date _____

Pick a word from the box for each blank.

ligament bone tendon minerals joint ribs support hinge move marrow skull 206

The skeletal system is the frame of the body. An adult skeleton has (1) _____ bones. Bones hold the body up, which is called (2) _____. The (3) _____ protects the brain, and the (4) _____ protect the heart and lungs. Bones also help the body (5) _____. Soft (6) _____ inside some bones makes blood cells, and bones store (7) _____ such as calcium. Two bones meet at a (8) _____. A strong band called a (9) _____ joins bone to bone, and a (10) _____ joins muscle to bone.

Follow the pull. It starts with a muscle. Write the next four steps, in order, from the box above.


TERMS MATCH CLUES TO TERMS

My name: _____ Date _____

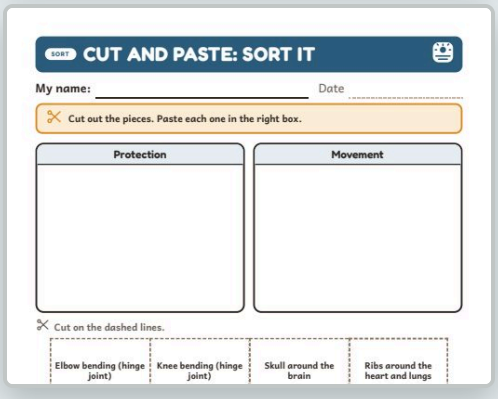
Write the term that fits each clue.

Each clue fits one term in the box. A term can be used more than once.

ligament tendon cartilage joint marrow skull femur

Part A. Write the term for each clue.

CLUE	TERM
Joins one bone to another bone	
Joins a muscle to a bone	
Tough, bendy tissue that cushions the ends of bones	
The place where two bones meet	
The soft center of some bones, where blood cells are made	
The bones of the head that protect the brain	
The longest bone in the body, in the thigh	
A hinge or a ball-and-socket is a kind of this	
Holds the bones together at a joint	


SORT CUT AND PASTE: SORT IT

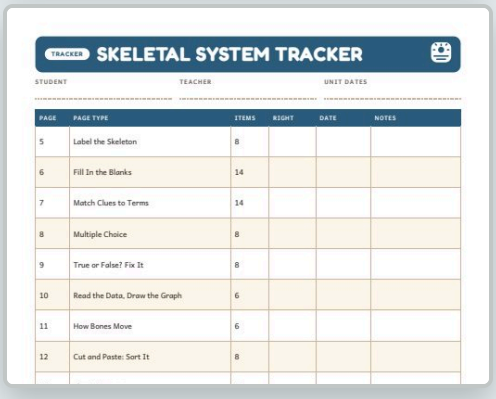
My name: _____ Date _____

Cut out the pieces. Paste each one in the right box.

Protection	Movement

Cut on the dashed lines.

Elbow bending (hinge joint) | Knee bending (hinge joint) | Skull around the brain | Ribs around the heart and lungs


TRACKER SKELETAL SYSTEM TRACKER

STUDENT _____ TEACHER _____ UNIT DATES _____

PAGE	PAGE TYPE	ITEMS	RIGHT	DATE	NOTES
5	Label the Skeleton	8			
6	Fill In the Blanks	14			
7	Match Clues to Terms	14			
8	Multiple Choice	8			
9	True or False? Fix It	8			
10	Read the Data, Draw the Graph	6			
11	How Bones Move	6			
12	Cut and Paste: Sort It	8			

25 Pages | **11 Page Types** | **80 Items** | **2 Answer Keys**

BRIGHT PATH SPED

PLEASE READ

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READ

THE SKELETAL SYSTEM AT A GLANCE

My name: _____ Date .....

Read the page. Then write what you know.

support · protect · move · make blood cells · store minerals

The skeletal system is made of the bones of the body and the joints, ligaments and cartilage that connect them. An adult skeleton has 206 bones. The skeleton holds the body up, protects organs, helps the body move, makes blood cells in bone marrow and stores minerals.

Bones
An adult skeleton has 206 bones. They hold the body up and protect organs such as the brain, heart and lungs.

Joints
A joint is where two bones meet. Kinds of joint include ball-and-socket, hinge, pivot and gliding.

Ligaments
Strong bands that join bone to bone and hold the bones together at a joint.

Tendons
Strong cords that join muscles to bones. When a muscle pulls, the tendon pulls the bone.

Cartilage
Tough, bendy tissue that cushions the ends of bones where they meet at a joint.

Bone marrow
The soft center of some bones. It makes blood cells.

Your turn. Write what you know.

The skeletal system is the group of bones and parts that

One question I still have about bones

PREVIEW

WORDS

FILL IN THE BLANKS

My name: _____ Date .....

Pick a word from the box for each blank.

ligament bone tendon minerals joint ribs support hinge move marrow skull 206

The skeletal system is the frame of the body. An adult skeleton has (1) _____ bones. Bones hold the body up, which is called (2) _____. The (3) _____ protects the brain, and the (4) _____ protect the heart and lungs. Bones also help the body (5) _____. Soft (6) _____ inside some bones makes blood cells, and bones store (7) _____ such as calcium. Two bones meet at a (8) _____. A strong band called a (9) _____ joins bone to bone, and a (10) _____ joins muscle to bone.

Follow the pull. It starts with a muscle. Write the next four steps, in order, from the box above.

muscle → [ ] → [ ] → [ ] → [ ]

A. Choose one word from the box that you did not use. Write what it means or what it does.

PREVIEW

CHOOSE MULTIPLE CHOICE

My name: _____ Date .....

Read each question. Write the letter of the best answer.

1. How many bones does an adult skeleton have? LETTER ☐

A. 306 **B.** 206
C. 60 **D.** 106

2. Which bone protects the brain? LETTER ☐

A. Ribs **B.** Humerus
C. Skull **D.** Femur

3. What do the ribs protect? LETTER ☐

A. The skull **B.** The brain
C. The heart and lungs **D.** The leg bones

4. Which kind of joint lets the shoulder move in a big circle? LETTER ☐

A. Pivot **B.** Ball-and-socket
C. Hinge **D.** Gliding

5. Which of these body parts has a hinge joint? LETTER ☐

A. Hip **B.** Shoulder
C. Elbow **D.** Neck

6. What does a ligament join? LETTER ☐

A. Bone to bone **B.** Skin to bone
C. Muscle to muscle **D.** Muscle to bone

7. Where in the body are blood cells made? LETTER ☐

A. In the ligaments **B.** In the cartilage
C. In the joints **D.** In bone marrow

8. Which is the longest bone in the body? LETTER ☐

A. Femur **B.** Tibia
C. Humerus **D.** Clavicle

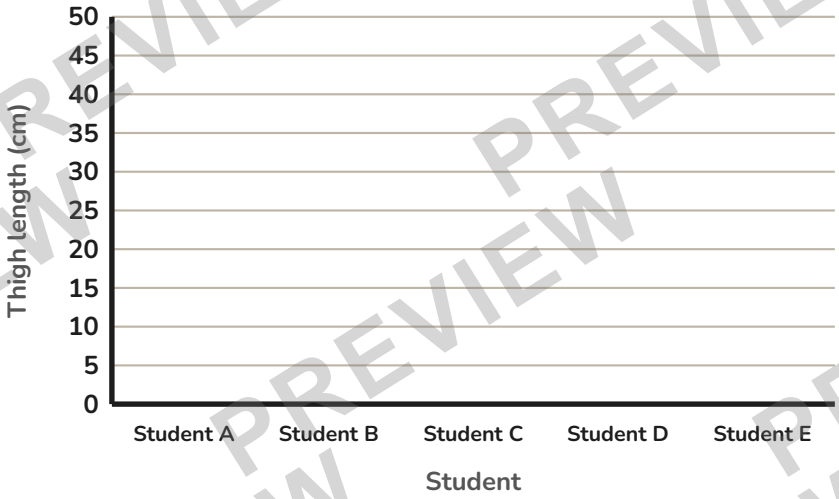
PREVIEW

DATA READ THE DATA, DRAW THE GRAPH

My name: _____ Date _____

Draw a bar for each student. Then answer the questions.

Invented class data. Five students each measured their thigh with a tape measure, from the hip to the knee. The thigh holds the longest bone in the body. These students and their numbers are made up for practice.



STUDENT	THIGH LENGTH (CM)
Student A	36
Student B	39
Student C	41
Student D	44
Student E	47

1. Which student had the longest thigh?

2. How many centimeters longer is Student E than Student A?

3. Describe the pattern in the data.

4. Name the bone in the thigh and tell one job it does for the body.

5. Predict: a new student measures 42 cm. Between which two students would that bar sit? Explain.

PREVIEW

SORT CUT AND PASTE: SORT IT

My name: _____ Date _____

Cut out the pieces. Paste each one in the right box.

Protection	Movement

Cut on the dashed lines.

Elbow bending (hinge joint)	Knee bending (hinge joint)	Skull around the brain	Ribs around the heart and lungs
Shoulder circling (ball-and-socket joint)	Pelvis around the organs in the lower body	Hip swinging (ball-and-socket joint)	Spine around the spinal cord

1. Write one sentence that tells how a ligament and a tendon are different.

PREVIEW

EXPLAIN

EXPLAIN IT

My name: _____ Date .....

Read the prompt. Explain what happens and why.

Starters: **The skeleton protects...** **This happens because...** **The difference is that...**

1. A student picks up a book and her arm bends at the elbow. Explain how a bone, a joint and a tendon help the arm move. Use the words bone, joint and tendon.

2. Explain how the skeleton protects the body. Give two examples. Use the words skull, ribs and protect.

3. A friend says, "Bones only hold the body up." Explain why that is not the whole story. Use the words marrow and minerals.

PREVIEW

ANSWER KEY

KEY: PAGES 10–14

Read Data, How Bones Move, Cut and Paste, Short Answers and Explain It. Written answers are in the words a student might use; accept any answer that makes the same points.

Read the Data page 10

ITEM	ANSWER
Q1	student e (47 cm)
Q2	47 − 36 = 11 cm longer
Graph	Bars of height 36 for student a, 39 for student b, 41 for student c, 44 for student d, 47 for student e
Q3	The thigh length goes up a little from Student A to Student E.
Q4	The femur; it holds the body up and helps the leg move.
Q5	Between Student C (41 cm) and Student D (44 cm), because 41 is less than 42 and 42 is less than 44.

How Bones Move page 11

BOX	ANSWER
Muscle	tendon
Tendon	bone
Bone	joint
Shoulder	ball-and-socket
Elbow	hinge

Explanation: a muscle pulls on a tendon, the tendon pulls on a bone, and the bone moves at a joint (a hinge at the elbow). Look for four of the six words used correctly.

Cut and Paste page 12

BOX	PIECES THAT GO IN IT
Protection	Skull around the brain; Ribs around the heart and lungs; Spine around the spinal cord; Pelvis around the organs in the lower body
Movement	Elbow bending (hinge joint); Knee bending (hinge joint); Shoulder circling (ball-and-socket joint); Hip swinging (ball-and-socket joint)

Sentence: a ligament joins bone to bone, while a tendon joins muscle to bone.

Short Answers page 13

NO.	A FULL ANSWER INCLUDES
1	It holds the body up, protects organs, helps the body move, makes blood cells in bone marrow and stores minerals.
2	Examples: skull (head), ribs (chest), humerus (upper arm), femur (thigh), tibia (lower leg).
3	Ball-and-socket, hinge, pivot or gliding; for example, a hinge joint is in the elbow or knee.
4	A ligament joins bone to bone; a tendon joins muscle to bone.
5	The soft center of some bones; it makes blood cells.

Explain It page 14

NO.	A FULL ANSWER INCLUDES
1	A muscle pulls on a tendon; the tendon pulls on a bone; the bone moves at the elbow joint, which is a hinge.
2	The skull protects the brain; the ribs protect the heart and lungs; (spine and pelvis also accepted).
3	Bones also protect organs and help the body move; marrow makes blood cells; bones store minerals.

PREVIEW

CLASS GRID

CLASS PROGRESS GRID

CLASS OR GROUP

UNIT DATES

STUDENT	VOCABULARY (OF 22)	MATCH (OF 14)	CHOOSE / T-F (OF 16)	DATA / PROCESS (OF 12)	SORT (OF 8)	WRITING (OF 8)

How to fill this in

For each column, write how many items the student has right (add up the tracker rows). One look across a row shows which kind of page is easiest and which one needs another turn.

Grouping for small-group time

Start with the Vocabulary column. Students low there can reread the reference page (4) and redo Fill In the Blanks (6) before the writing pages; students near the top of every column can go straight to Explain It (14).

PREVIEW

FAMILY PAGE

THE SKELETAL SYSTEM AT HOME

STUDENT

WEEK OF

How to help at home, in four steps

- Feel the bones you can find close to the skin: the skull, the ribs, the back of your hand and your elbow. Name each one.
- Bend and straighten your elbow and your knee. Ask: "Which joint works like a hinge? How do I know?"
- Circle your shoulder. Ask: "What kind of joint lets my arm move in a circle?"
- Stop while it is still going well. Ten minutes is plenty. This page is about learning, not about anyone's health.

My bone notes from home

1. Three bones I found on my body, and where each one is

2. A hinge joint and a ball-and-socket joint on my body, and how each one moves

3. How a bone, a joint and a ligament work together

Say it out loud

- "An adult skeleton has 206 bones."
- "The skull protects the brain, and the ribs protect the heart and lungs."
- "A ligament joins bone to bone. A tendon joins muscle to bone."

NOTE FROM THE TEACHER

NOTE FROM HOME

PREVIEW

PHRASE BANK

SENTENCE STARTERS AND NOTES

Starters a student can use in a written answer, plus starters for a progress note and a note home. Each one is an observation with a blank for the number or the word — the count comes off the tracker or the page itself, never from memory. Copy a starter onto the writing lines on pages 13, 14 and 11.

Sentence starters for explaining a process

- The skeletal system has bones, ____, ____ and ____.
- First a muscle pulls on a ____. Then the ____ moves at a ____.
- This happens at the ____ because that bone ____.

Sentence starters for using evidence

- The data show that from Student A to Student E, the thigh length ____.
- I know this because ____ (a number from the table).
- One thing the data cannot tell me is ____.

Sentence starters for comparing

- A ligament and a tendon are alike because both ____.
- They are different because a ligament joins ____ but a tendon joins ____.
- A joint where I can feel the bones move is the ____.

Progress note starters

- Labeled ____ of ____ bones without a prompt, on ____ (date).
- Used the word ____ correctly in a written answer on ____ of ____ items.
- Needed a word bank / a sentence starter / a model on ____ of ____ items.

Family note starters

- This week we studied the bones and joints of the skeleton.
- At home, ask which joint works like a hinge and which one works like a ball and socket.
- The family page for this week is in the folder; please send it back on ____.

PREVIEW

ORGANIZER

DIVIDER TABS

Six divider tabs and a spine label. The pieces touch edge to edge, so the cutting is a few straight lines.

REFERENCE	DIAGRAMS	VOCABULARY
PRACTICE	DATA AND GRAPHS	WRITING

SKELETAL SYSTEM · BRIGHT PATH SPED

1. Cut along the dashed lines. Every line is straight: 7 pieces.

2. Fold each tab on its top edge and slide a paper tab into a sleeve, or tape it to a folder edge.

3. The spine label fits a one-inch binder. Trim it to fit a wider one.

PREVIEW