

CHAPTER- 17

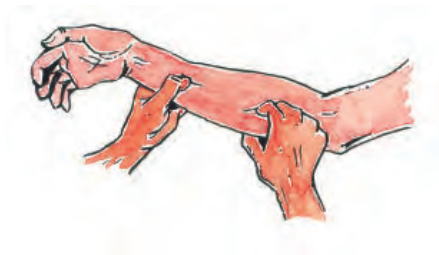
Bones

You all know that there are bones in your body. When a building is constructed, first and foremost iron rods are placed. Then it is covered with brick and cement. It is because of the iron rods that the structure takes its shape and becomes strong. Similarly, our body is made up of bones. The structure which comprises of bones is called skeleton. Can you see the bones?

Can you see the bones?

Feel your bones

Let us feel the bones in our body. To find out, press your fingers, legs, arms, chin with your hands.



What did you feel?



Try to bend your arms, fingers and knees.

Do these body parts bend?

Prepare a list of the parts of your body that can bend.

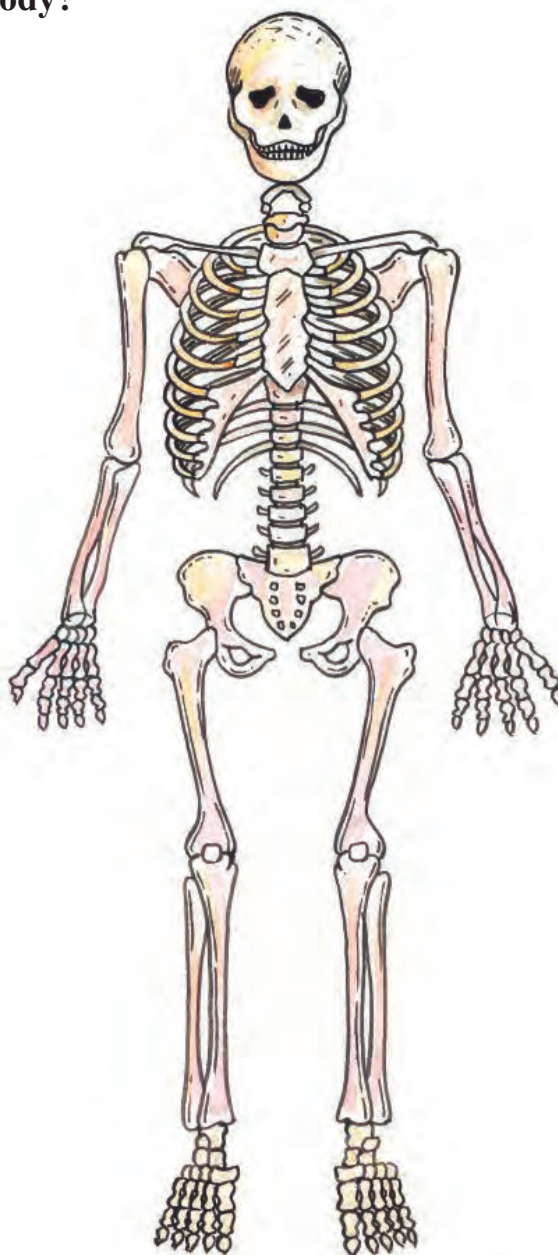
There are many bones in our body which are joint together. The place where the two bones join together is called a joint. Can you bend only that part of your body which has a joint?

Where can you find all joints in your body?

Feel it with your hands and list them.

In the picture given is shown a human skeleton.

- Carefully look at the different bones in the picture given. Now try and feel these bones in your body.
- Look for the joint bones in the picture of the skeleton. Try and identify these bones in your body.
- In the picture given, identify the parts of the body from head to toe and fill up the table given.
- How many bones are there in each part of the body? Try and count them. Now count the bones of the same body part in the picture given. Is there a difference in number? Similarly, count the bones of the other parts of the body and compare their number with the picture given. Now, fill up the table.



Part of the body	No. of bones	No. of bones shown in the skeleton system	How many bones could not be counted?
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-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
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- Colour with red the bones that you could not count.
- Colour with blue the bones you were able to count.
- Wherever you find the joints, encircle them with black colour.

Had there been no bones in your body, what would have happened?

Name some creatures who have no bones.

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Do mosquitoes, house flies, earth worms etc. have bones?

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## Different types of joints

Each part of our body does different work for us while throwing a ball while playing or while exercising. When you do these actions, various parts of our body bend.

**Bend your hand from the elbow. What happens?**

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**Stretch your hand and move it in the opposite direction. Tell what happened?**

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Carefully, look at the doors of your class. The door is fixed to a frame with the help of a hinge which helps the door to open in only one direction.

**Is the elbow joint like hinge \**

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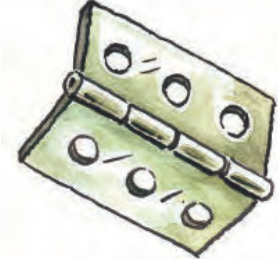
**Where are such joints present in your body? Write.**

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Take an empty coconut shell. Take a fused bulb that can easily be moved in the shell. Now, move this bulb in the coconut shell.



As the bulb moves in the coconut shell, the rounded head of the hand bone fits into a cup shaped cavity formed by the shoulder bone which allows movement in all directions. This is called ball and socket joint.

**How is bowling done in cricket? Do this action yourself. How does your hand move?**

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Where do you find such joints in your body? Try to find them.

## What have we learnt?

### Oral

1. What is the structure of our body made up of?
2. What is Ball and socket joint?

### Written

1. What are the functions of the bones in our body?
2. Explain with the help of an example what you know about ball and socket joint.

## Find Around You

1. If you happen to see bones of a dead animal then discuss it in your class to find which animal is it from ?
2. What treatment would you give to a person with a fractured bone?

