

# Skeletal System Packet

## Skeleton Packet Includes Skeleton Worksheets, Lapbook and Notebook Pages and Hands-on Activity Ideas

30+ Pages




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# Human Skeleton Worksheets and Lapbook

### Human Skeleton

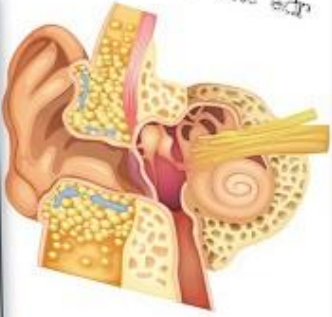
Locate the following bones:

- Skull
- Clavicle
- Cervical Vertebrae
- Lumbar Vertebrae
- Stemum
- Pelvis
- Humerus
- Radius
- Ulna
- Femur
- Sacrum
- Carpals
- Metacarpals
- Tarsals
- Metatarsals



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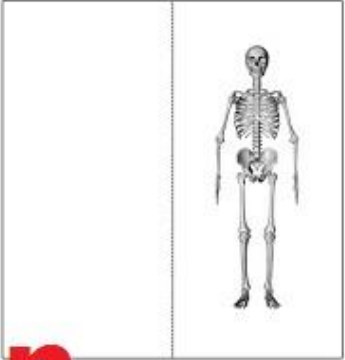
### bones of the ear



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### Lapbook or Notebooking Pages

Cut on the page below and fold along the dotted line. Diagrams can go on the inside or outside of the booklet. Glue the back into a lapbook or into pages to insert into your science notebook.



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### bones of the foot






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### bones of the hand



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### pelvis and legs



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# Skeletal System



Bone is comprised of several tissues working together. These include

Each individual bone in your body is considered to be an \_\_\_\_\_  
The entire framework of bones and their cartilages along with \_\_\_\_\_ and \_\_\_\_\_ constitute the \_\_\_\_\_ system.

What are some of the basic functions of the skeletal system?

What minerals are stored in the bone? What are some of the functions of these minerals?

Bones are the hardest and strongest parts of your body. Bones grow and \_\_\_\_\_ themselves. If a bone breaks, it repairs itself from the inside out. Blood vessels carry food and \_\_\_\_\_

## Types of Bones Based on Shape

**Flat Bone** - are generally thin. They afford considerable protection and provide extensive areas for muscle attachments. Examples include:

**Long Bone** - have greater length than width. They are slightly curved for strength. The consist of a shaft and end. (The ends vary.) Examples include:

**Short Bone** - are somewhat cube-shaped and are equal in length and width. Examples include:

**Irregular Bone** - have complex shapes and cannot be grouped into any of the previous categories. Examples include:

**Sesamoid Bone** - shaped like a sesame seed. These develop in certain tendons where there is a lot of friction, tension and physical stress such as palms and soles. They vary in number from person to person. Often they measure only a few millimeters in diameter. The two large sesamoid bones are:

One other type of bone, called the \_\_\_\_\_ bones are small bones located in sutures (immovable joints in adults) between certain cranial bones. The number of these varies from person to person.



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Bone contains a soft material called \_\_\_\_\_  
\_\_\_\_\_ are made in the bone marrow.

The backbone is comprised of \_\_\_\_\_ vertebrae that are stacked on top of each other.  
Each vertebra has a hole in the middle.  
The \_\_\_\_\_ goes through these holes.

The spinal cord is part of your \_\_\_\_\_ system. It connects your \_\_\_\_\_ with other parts of your body.

The important job of the back bone is \_\_\_\_\_ the spinal cord. If a spinal cord is injured it could prevent parts of the body from moving. A spinal cord injury can cause someone to become paralyzed.

\_\_\_\_\_ between the vertebrae are \_\_\_\_\_ are made of \_\_\_\_\_ permit \_\_\_\_\_

## Human Vertebrae Anatomy

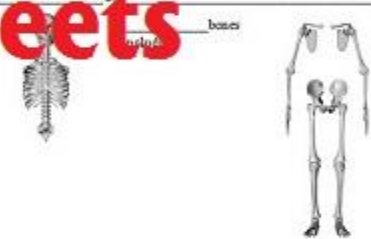


# Skeletal System

## Division of the Skeletal System:

The adult human skeleton consists of \_\_\_\_\_ named bones. Many of these bones are paired, with one on the right side and one on the left.

Bones of the adult skeleton are divided into two main groups:



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## Bone Disorders

What is osteoporosis?

What is osteoarthritis?

What is osteomyelitis?

What can go wrong with the vertebral column?

Find out more about these conditions that can affect the vertebral column.

Spina Bifida

Spina Bifida

## Joints

A joint is a place where two \_\_\_\_\_ come together. You would not be able to move without joints.

At every joint, bones are held together by strong tissues called \_\_\_\_\_



There are a number of different types of movable joints in the body

1.) \_\_\_\_\_ Joint



2.) \_\_\_\_\_ Joint



3.) \_\_\_\_\_ Joint



In the picture to the right, find two different kinds of joints:



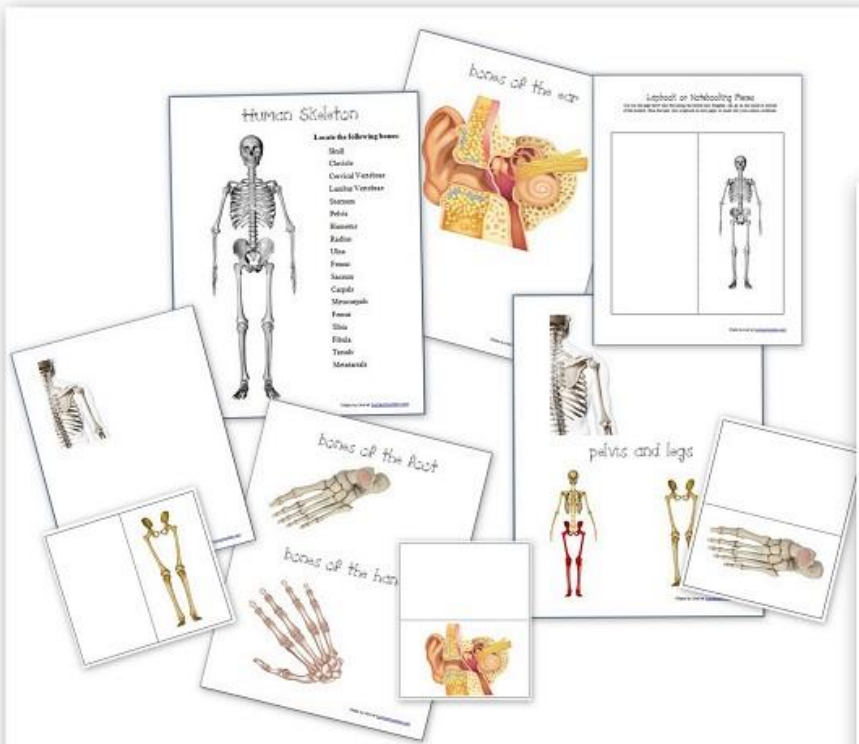
- \* Function of the Skeletal System
- \* Axial and Appendicular Skeleton
- \* Joints
- \* Bone Disorders
- \* Types of bones based on shape



**Why our joints are so important!**



# Skeletal System Worksheets



## Skeleton Lapbook and Notebook Pages



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