

Skeletal System Packet



Skeleton Packet

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

30 + Pages

A collage of skeletal system worksheets. In the center is a large 'Skeletal System' worksheet with a skeleton diagram and text about bone types. Surrounding it are smaller worksheets: one on bone functions, one on bone disorders, one on joints, and one on the division of the skeletal system. There are also diagrams of a human vertebrae, a knee joint, and a shoulder joint.

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Human Skeleton Worksheets and Lapbook

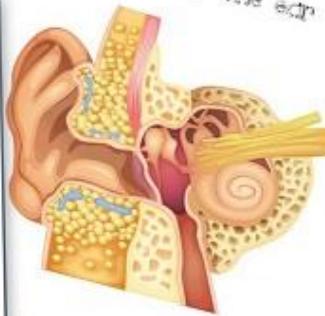
Human Skeleton

Locate the following bones:

Skull
Clavicle
Cervical Vertebrae
Lumbar Vertebrae
Sternum
Pelvis
Humerus
Radius
Ulna
Femur
Sacrum
Carpals
Metacarpals
Tibia
Fibula
Tarsals
Metatarsals



bones of the ear



Lapbook or Notebooking Pieces

Cut out the page below and fold along the dotted line. Diagrams not yet printed on the inside or outside of the booklet. Glue the back onto a lapbook or extra paper to insert into your science portfolio.



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pelvis and legs



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bones of the foot



bones of the hand



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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?

Skeletal System Worksheets

What minerals are stored in the bone? What would happen if there were no minerals in the bone?

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 _____ to the bone.

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. They 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.



The backbone is comprised of _____ vertebrae that are stacked on top of each other. The _____

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

An 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 one to become paralyzed.

between the vertebrae are

are made of _____.

The discs permit

the back to be flexible.

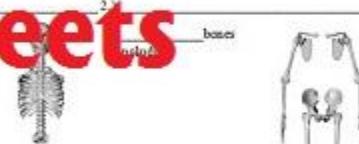


Skeletal System

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:



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:

function of these bones?

What is the primary function of these bones?

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



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



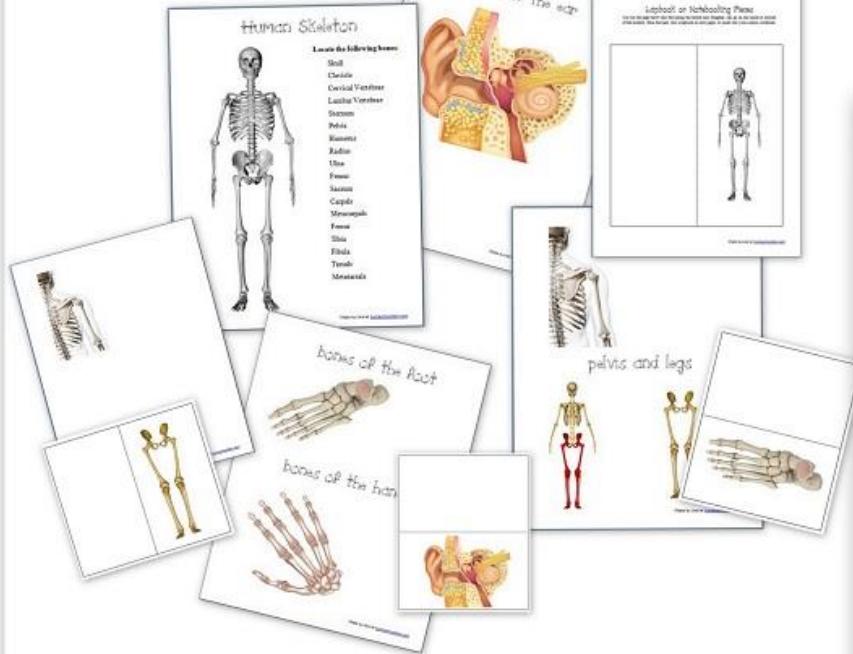
Why our joints are so important!



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Skeletal System Worksheets



Skeleton Lapbook and Notebook Pages

A collection of skeletal system worksheets and activities. In the center is a worksheet titled 'Skeletal System 1' with the following text:

Bone is composed 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 _____ constitutes the _____ system.

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

What minerals are stored in the bones? Why are minerals important?

Bones are the hardest and strongest parts of your body. Bones give and _____ support. If a bone breaks, it again will form the same one. Blood carries every food and _____ throughout. It also transports oxygen and carbon dioxide.

Types of Bones Based on Shape

Flat Bone - are generally flat. They afford considerable protection and provide extensive areas for muscle attachment. Examples include:

Long Bone - have greater length than width. They are slightly curved for strength. The centre of a shaft is _____ (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 certain tendons where there is a lot of friction, tension and physical stress such as patella and olecranon. They vary in size and may persist in persons. Other they measure only a few millimeters in diameter. The two large sesamoid bones are:

Other types of bone, called the _____, bones are small bones located in sinews (tendon like joint in adult) between cervical vertebrae. The number of these varies from person to person.

Below this is a section titled 'Bones' with the following text:

Some consider a soft material called _____
matrix. _____ are made in the bone.

The backbone is composed of _____ vertebrae in the middle. The _____ vertebral column are stacked on top of each other.

The spinal cord is part of your nervous system. It connects you with other parts of your body.

An important job of the back bones is to protect the spinal cord. If a fall occurs it would press on parts of the spinal cord. A spinal cord injury can cause permanent paralysis. If a bone breaks, it again will form the same one. Blood carries every food and _____ throughout. It also transports oxygen and carbon dioxide.

From the vertebrae are made of _____ of the vertebral column and they should check and balance. Where is it found in your body?

To the right is a 'Human Vertebrae Anatomy' diagram showing a cross-section of a vertebra with labels for the body, processes, and articular surfaces. Below this is a 'Skeletal System' diagram showing a full human skeleton.

Below these are sections on 'Bone Disorders' and 'Joints'. The 'Joints' section includes a diagram of a joint and the following text:

A joint is a place where two or more bones meet. You would not be able to move without joints.
At every joint, bones are held together by strong fibers called _____.
There are a number of different types of movement at joints:
1.) _____ Joint
2.) _____ Joint
3.) _____ Joint
4.) _____ Joint

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

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