

# The Skeletal System

To start with...

1. <https://www.bbc.co.uk/bitesize/clips/ztfncw>

...which is a two-minute BBC clip showing skeletons moving as animals move. It's good to be reminded that these stiff solid objects we call bones can move together so smoothly that the body seems to flow rather than just moving like a stiff machine.

2. <https://www.youtube.com/watch?v=SiBzCpg6vu8>

This three-minute video is just the skeleton section of the longer clip I listed a few weeks ago about all the many systems in your body. It's the place to learn names of all the main bones of your body.

Meanwhile, this five-minute video...

3. <https://www.youtube.com/watch?v=QJwORUokEXc>

...is best at listing the jobs that your skeleton is responsible for – not just the obvious ones, but also proper mention of the fact that your red and white blood cells are formed **inside** your bones, in the bone marrow.

Use a ruler. From the information in video number 2, in your body, approximately how long are these bones?

Spinal cord (spinal column)  cm

Humerus  cm

Ulna  cm

Tibia  cm

And from video number 3, what are the four functions of the skeleton?

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

## An extra: The Seven Life Processes

Something we should have covered by now but has been missed along the way, is the list of seven processes that are done by ALL living things – plants, animals, even micro-organisms.

The seven processes are:

**Movement** – every type of living thing moves in some way

**Reproduction** – every type of living thing produces young/babies/replacements in some way

**Sensitivity** – the ability to sense and react to things outside it – heat, cold, wetness, danger

**Nutrition** – the need for food, to provide energy

**Excretion** – getting rid of waste – what you do, for example, when you go to the toilet

**Respiration** – the way breathing helps a body to burn its food to produce energy

**Growth** – starting small and becoming bigger or changing shape.

Looking down the edge of that list you will see that the initials of the seven processes can be made to spell '**Mrs Nerg**'.

I would like you to learn the list of seven processes – because they are mentioned in **lots** of Science in future years in school.

[continued on next page]

One good way to learn the list of seven life processes is: **the rap!**

4. <https://www.youtube.com/watch?v=Q2HDJP10qSQ>

It will be interesting to hear how many times you were able to listen to / learn / repeat this very short rap before it drove either you or your family completely crazy! It's certainly memorable, but don't expect everybody to like it!

Now label as many bones as you can on this diagram...

