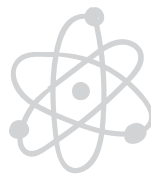


**We shall learn :**

- The skeleton
- Bones
- Muscles
- Exercise makes muscles strong
- Posture
- Inside the body



**Unit-I : Our Body and Its Needs**

**1**

**Bones and Muscles**



**WARM UP**

Tick (✓) the things that help you sit or stand straight :

Legs

Bones

Head

Muscles

Skin

We can walk, run, bend or sit with the help of our bones. Bones are an important part of our body. But, bones do not work alone. Muscles help the bones in moving and doing different works.

Bones are the hard part of our body. They provide support to our body. They also give shape to our body.

Muscles are fixed to the bones. Bones and muscles together give shape and support to the body. Bones and muscles work together.

**The Skeleton**

The bones in our body form a framework. This framework of bones is called the **skeleton**. Skin covers our whole body and the skeleton lies under the skin. It gives shape and support to our body. Without the skeleton, our body would not be able to stand or move.

**Bones**


Human body has 206 bones that form the skeleton. Bones are hard and stiff. Bones give shape and structure to the body. They support and protect the soft inner parts of the body.



skeleton



The place where two or more bones meet is called a **joint**. We can bend our body around the joints.

 **Wisdom Corner**  
When we are very young, we have about 300 bones. As we grow, some of these bones join together and, so an adult has only 206 bones.



neck joint



elbow joint



wrist joint



hip joint



knee joint



ankle joint

## Muscles

The muscles are fixed to the bones and help them to move.

Our bones are covered with **muscles**.

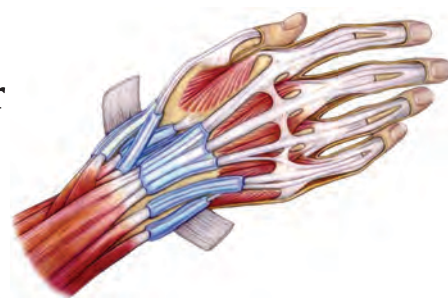
Muscles help us to move our bones.

There are more than 600 muscles in our body.

## Exercise Makes Muscles Strong

We all need strong bones and muscles to move, work and play.

Muscles become strong when we use them regularly. That is why sportspersons exercise everyday.



hand muscles



leg muscles





Weightlifters use their muscles to lift weight.



Cyclists use their muscles to pedal.



Swimmers use their muscles to swim.



Cricketers use their muscles while playing on the field.



Gymnasts use their muscles while performing.



Tennis players use their muscles while playing.

Eating healthy food and regular exercise make our muscles strong.  
Healthy food and exercise are important for all of us to keep healthy.



healthy food



exercise

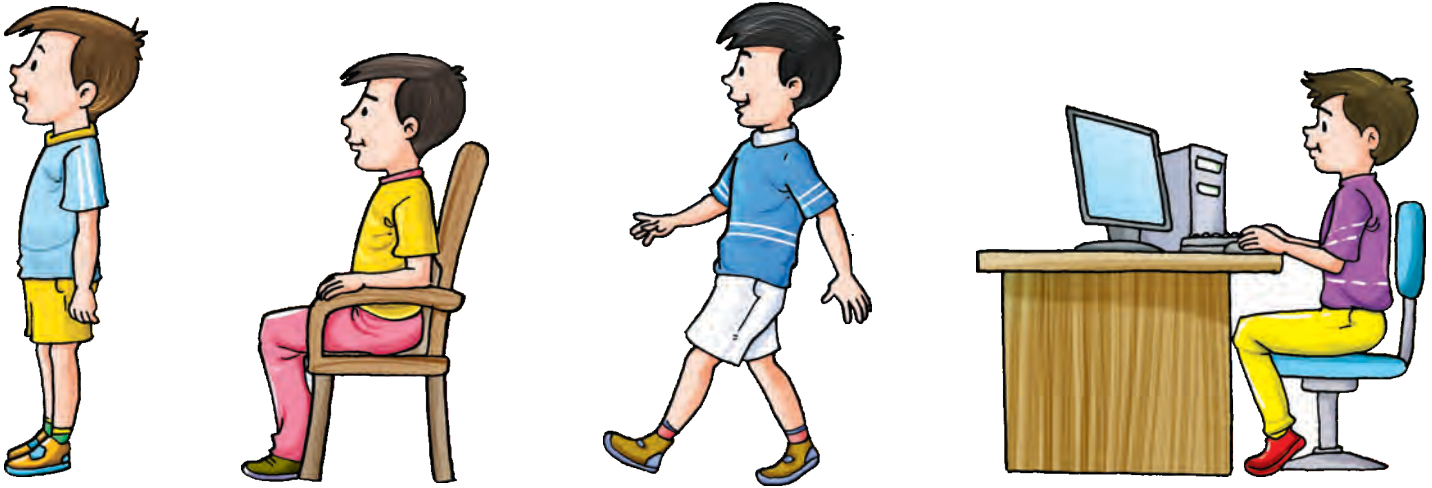
## Posture

The position of our body when we sit, stand or walk is called **posture**.

We should always keep a straight and upright posture.

The correct posture gives proper shape to our body. It helps all the parts of our body to work properly.

A good posture helps us to stay healthy.



Stand, sit, walk and work on a computer in the correct posture.

## Inside the Body

There are many parts which are inside the body. They are called internal parts of the body. The brain, lungs, heart and stomach are all internal parts.

Each of these parts has a special role to play. These internal body parts are called **organs**.

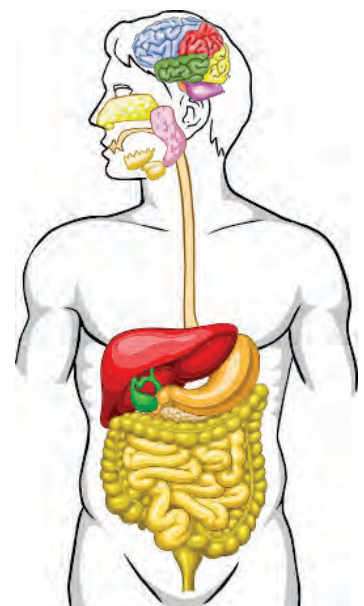
**Brain:** It helps us to think and remember.

**Lungs:** They help us to breathe.

**Heart:** It pumps blood to all our body parts. It is called the pumping station of our body.

**Stomach:** It helps us to digest food.

These internal organs continue to work whether we are awake or asleep.





## Glossary

Skeleton	Framework of bones
Joint	Place where two or more bones meet
Posture	The position of our body when we stand, sit or walk
Organs	Inner body parts

## Question Hour-I



**A** Tick (✓) the correct answer :

- Our body is covered with :  
 (a) muscle  (b) skin  (c) bone
- Number of bones in our body is :  
 (a) 206  (b) 208  (c) 204
- A good posture helps us to stay :  
 (a) sick  (b) healthy  (c) none of these
- The brain, lungs, heart and stomach are called :  
 (a) internal parts  (b) external parts  (c) none of these

**B** Fill in the blanks with the correct words from the box :

*posture, exercise, food, skin, internal organ, bend, hard, soft, skeleton*

- The whole body is covered with \_\_\_\_\_.
- Muscles are \_\_\_\_\_ and bones are \_\_\_\_\_.
- Our body has a framework of bones called the \_\_\_\_\_.
- We can \_\_\_\_\_ our body around the joints.
- \_\_\_\_\_ and \_\_\_\_\_ are important for all of us to keep healthy.
- A good \_\_\_\_\_ helps us to stay healthy.
- Each \_\_\_\_\_ has a special role to play.



**C** Tick (✓) the correct word(s) :

1. The skin is the upper / inner cover of the body.
2. Muscles are hard / soft and elastic.
3. Bones and muscles produce / do not produce movements in the body.
4. Muscles which move our eye balls are big / small.
5. We stand erect / bent with the help of bones.

**D** Name the following :

1. It helps us to think.
2. They help us to breathe.
3. It helps us to digest food.
4. It pumps blood to all our body parts.

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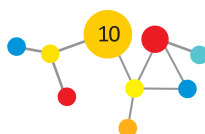
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**E** Answer the following questions :

1. How are our bones and muscles useful?
2. How many bones and muscles are there in our body?
3. What are joints?
4. Why do we need to exercise?
5. What is posture? Why is good posture important?
6. What is the role of each organ?

**Think Beyond** HOTS 

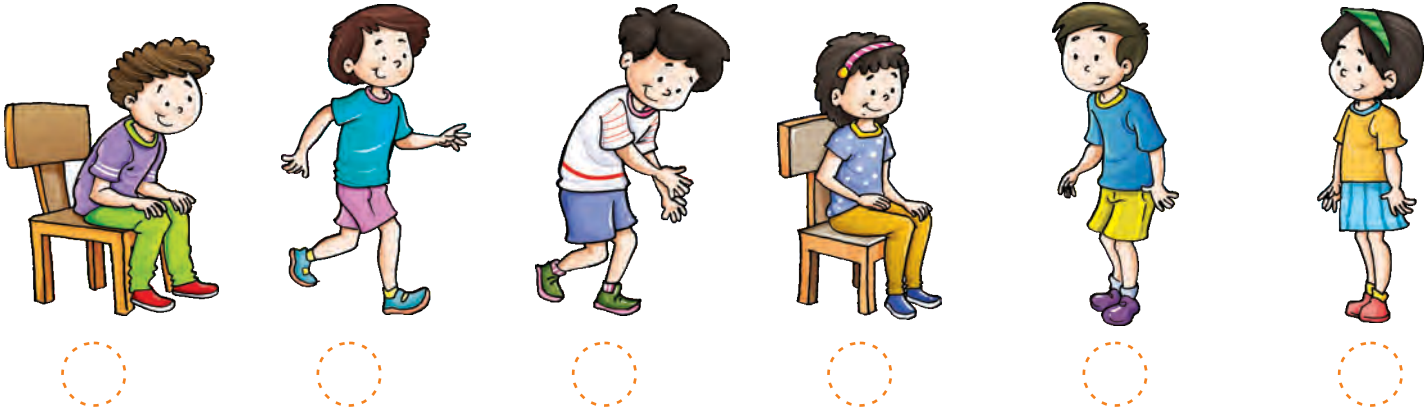
1. The muscles found in the front of your thighs are known as what?
2. The bones that make up your spine are called what?
3. Do you think a skeleton can walk on its own?



## Question Hour-II



Tick (✓) the correct postures and cross (X) out the wrong ones :

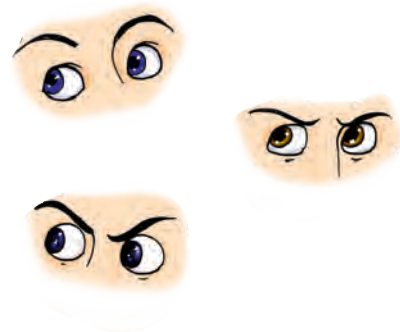


### Fun to Drill



Stand in front of a big mirror. Do the following actions :

1. Roll your eye balls. Keep your neck straight. Now look down, look to left, look up and look to right in the given order. Now reverse the order.
2. Smile. Make other postures of your mouth.



### Fun to Act



1. Make a chart on good postures. Collect pictures and paste them on a chart.
2. Try to do some simple exercises, count the number of times you can do these at one time without feeling tired.
3. Visit a museum or Biology laboratory. See different skeletons there.