



# SKELETON AND MUSCULAR SYSTEM



## The Human body

Time	Difficulty	Warning
 40 minutes	 Medium	5+ Years

## Materials



## WHAT IS THE SKELETON SYSTEM

The skeleton is the framework of our body, giving us shape and support. Muscles are attached to bones and help us move.

Fun fact: Your smallest bone is in your ear, and your strongest muscles are in your legs, helping you jump and run!

## Lets Build:

### Fixing the Skeleton

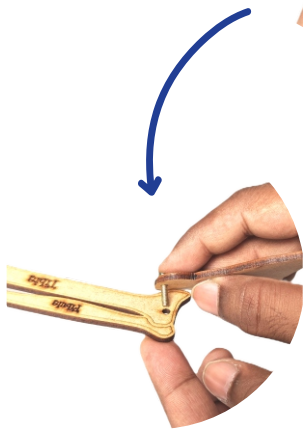
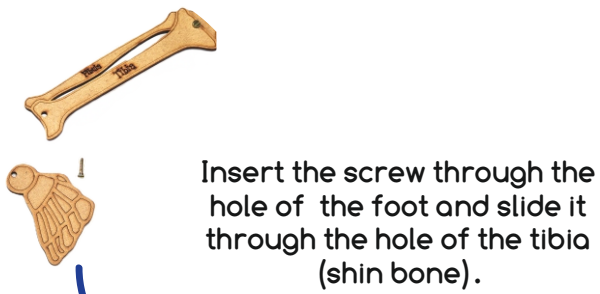
Remove all the parts from the main board



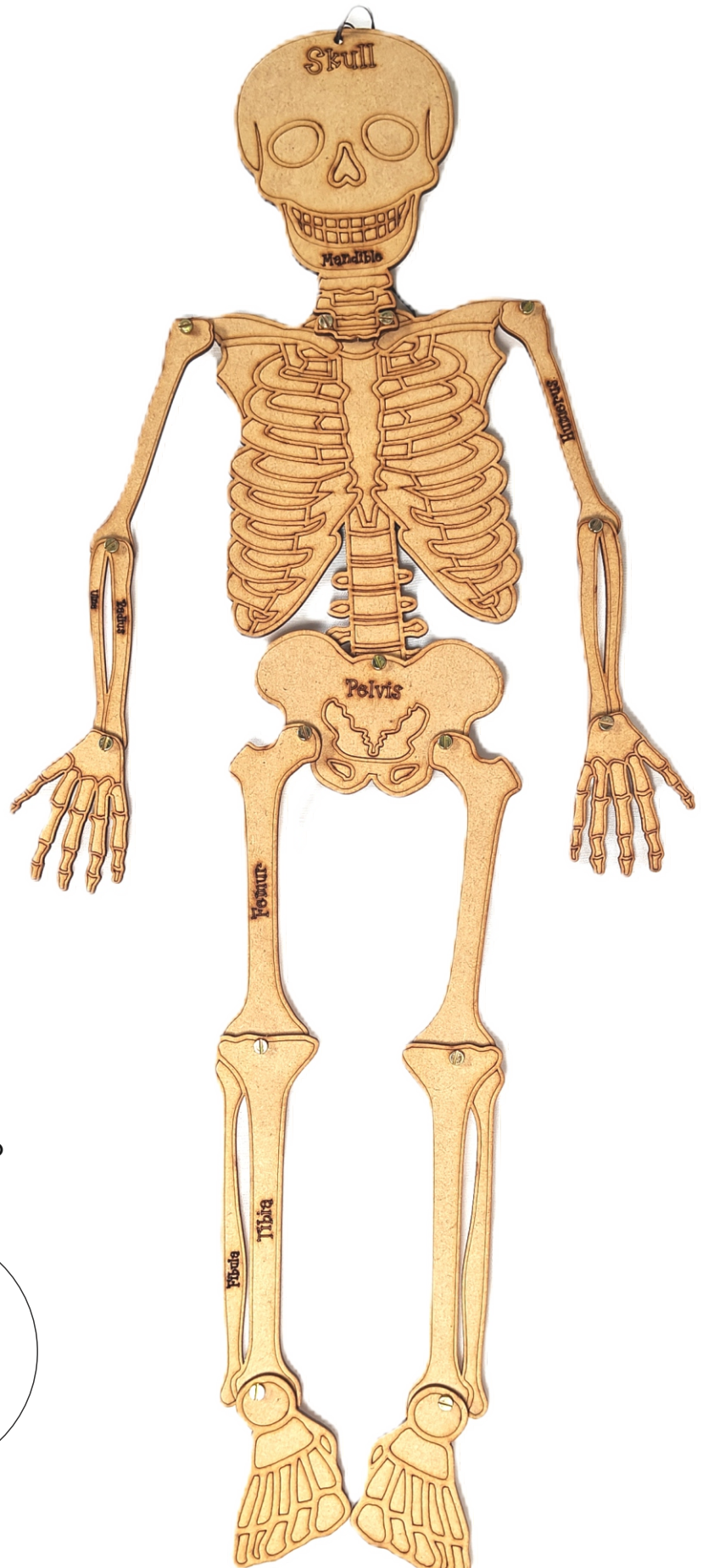
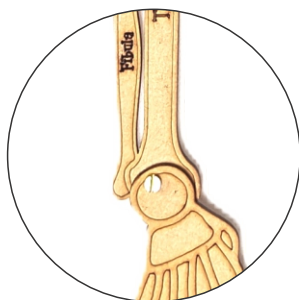
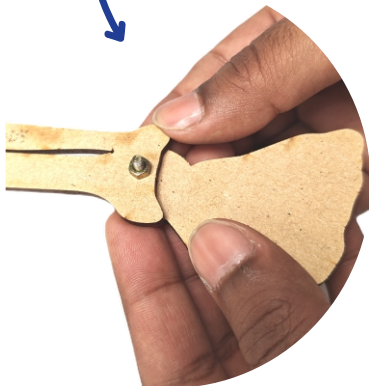
Take the screw and nut provided in the kit.

### Refer to the Completed Skeleton:

Repeat the steps and Use the fully assembled skeleton image as a reference to ensure that all bones are correctly aligned and assembled.



From the bottom, attach the nut and tighten it securely to hold the pieces together.

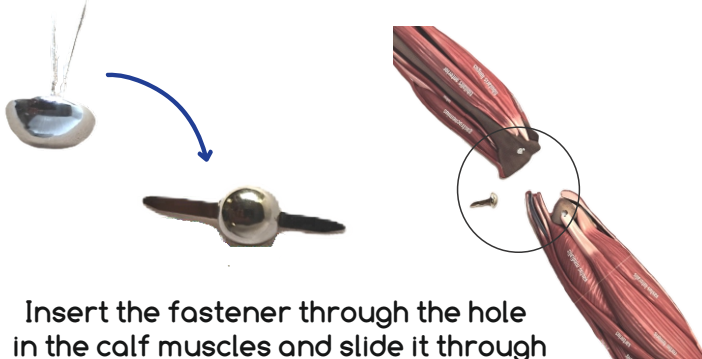


# Muscular system

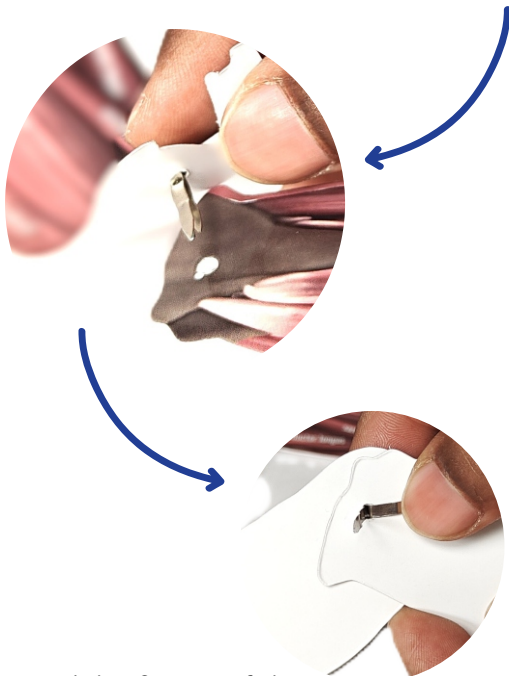
## Lets Build:

## Fixing the Muscular System

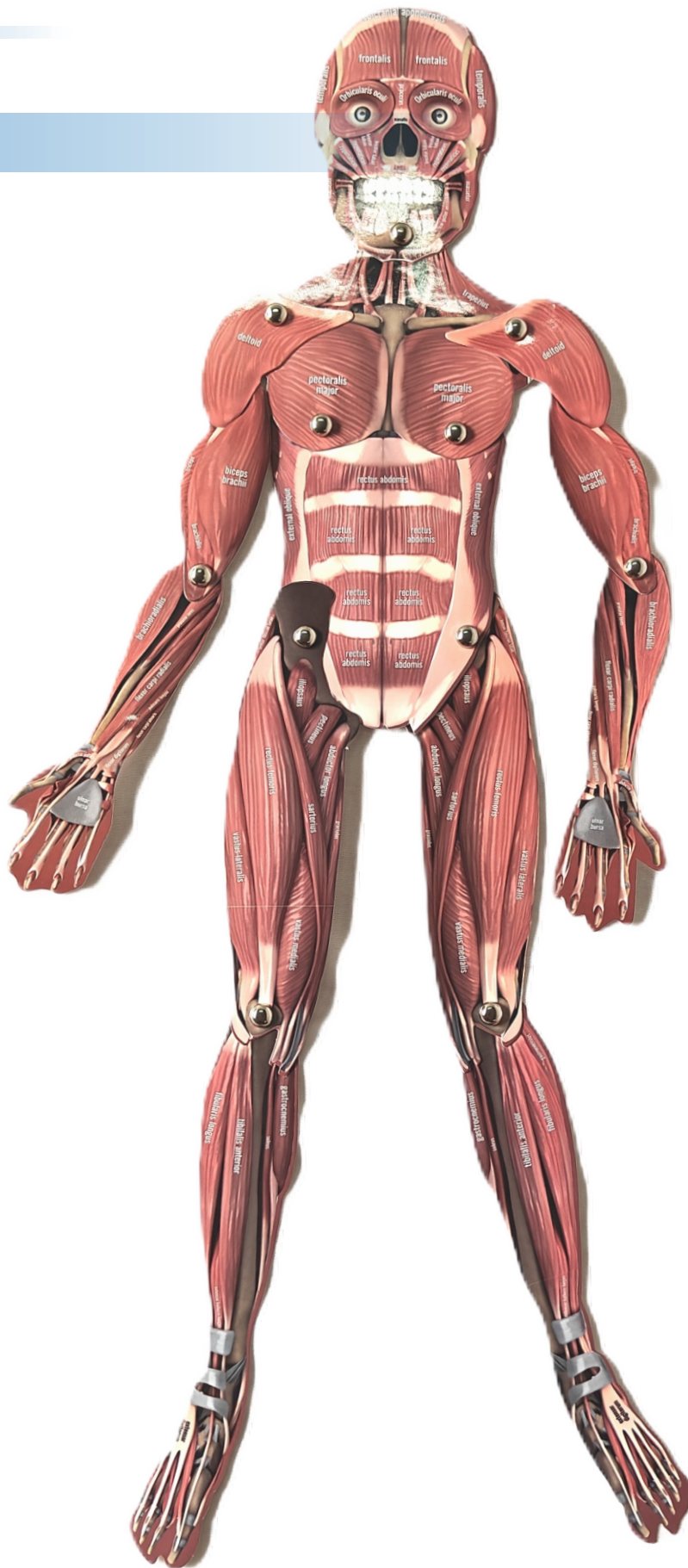
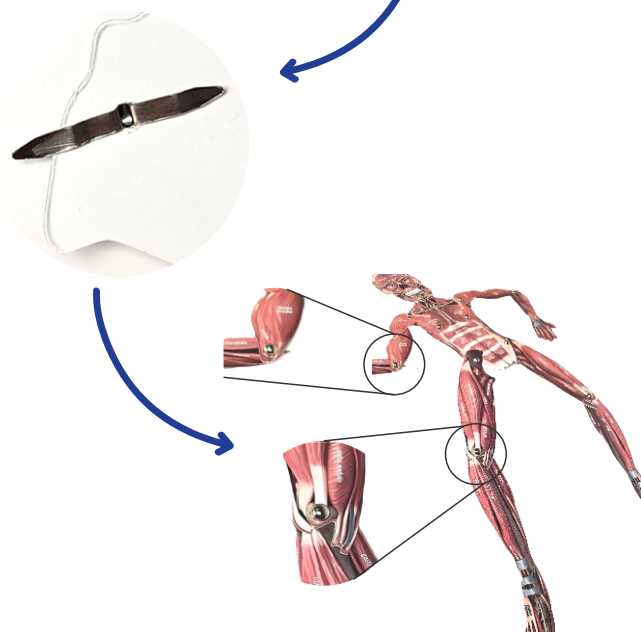
Take the paper fastener provided in the kit.



Insert the fastener through the hole in the calf muscles and slide it through the hole in the thigh muscles.



Spread the 2 pins of the fastener at the back to secure the parts together.

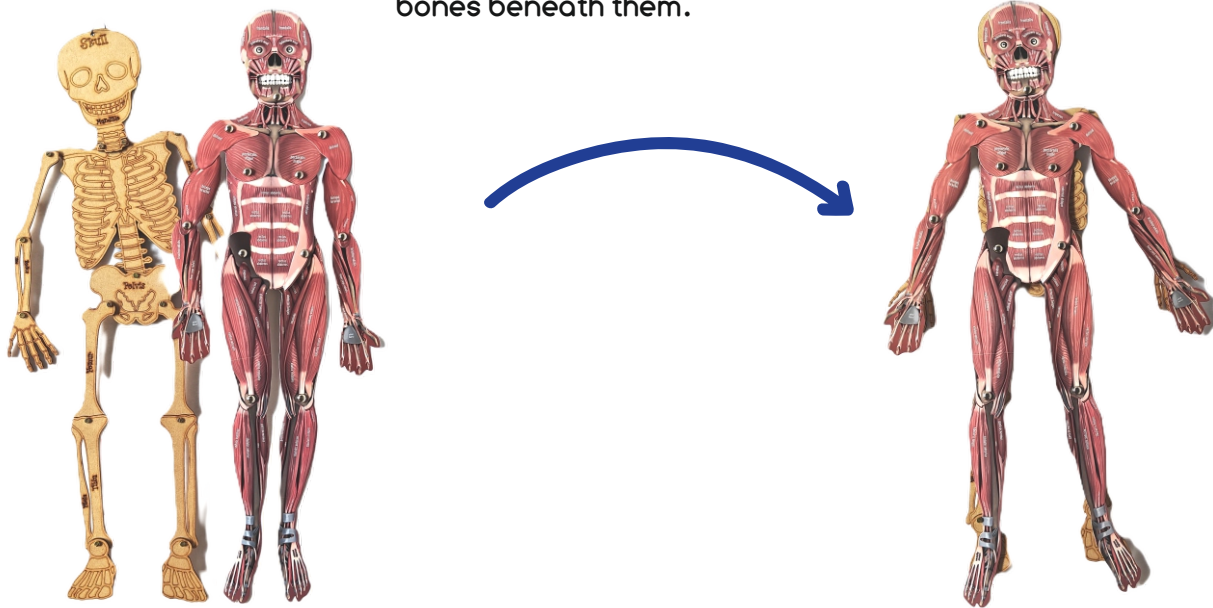


**Refer to the Completed Muscular System:**  
Repeat the steps and Use the fully assembled muscular system image as a reference to ensure all parts are correctly aligned and securely assembled.

# Organ Match-up

## Overlay Activity :

Place the muscular system over the skeleton to see how the muscles align with the bones beneath them.



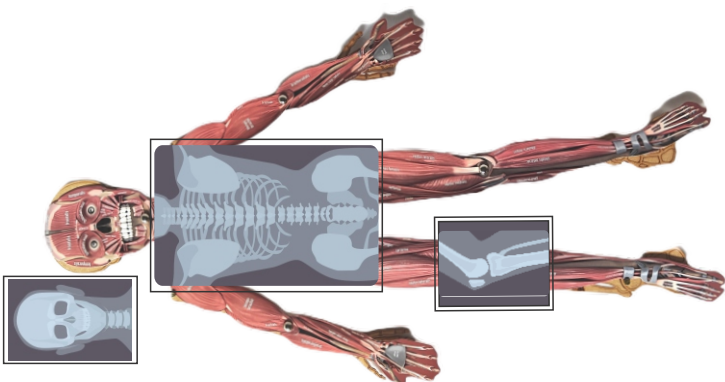
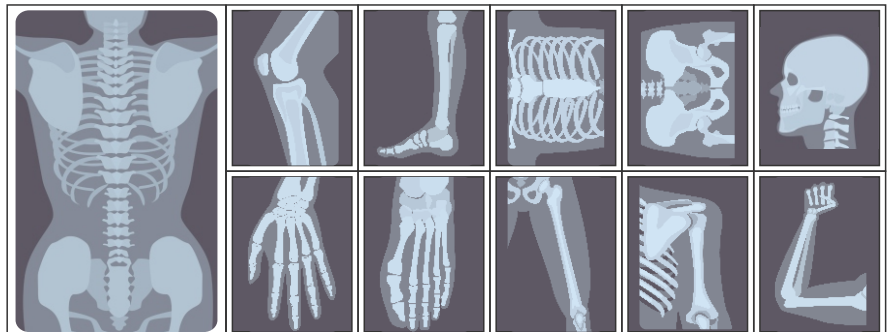
This will help you understand which muscles connect to which bones and how they work together to help your body move!

## X-Ray Bone Detective

Get your X-Ray cards.  
Look closely at your X-ray card and try to figure out which part of the body the bone belongs to.

Match the Bone:

Once you think you know which bone it is, match your X-ray card to the correct location on the skeleton model.



After you've matched the X-ray, share a fun fact about that bone with the class.  
For example, how does the bone help us move or protect our body?

**Make it challenging:** See if you can match your bone faster than your classmates or name the bone.