

Key Vocabulary:

Joint – a point where two or more bones connect •

Hinge joint – a joint that only allows bending and straightening

Ball-and-socket joint – a joint with a round head of bone that fits inside the cup of another bone to allow movement in all directions

Skeleton – a collection of bones that provides protection and supports movement.

Muscle – works with joints and bones to allow movement.

Bicep and tricep – two muscles in the upper arm.

Contract – a tightening and shortening motion.

Relax – a relaxing and lengthening motion.

Holy Family Halewood

Year 3/4 Science Movement

Learning Objectives:

- To identify two different joint types and understand that major bones in the human body are connected by joints.
- To learn how the skeleton, joints and muscles work together to allow movement.

