



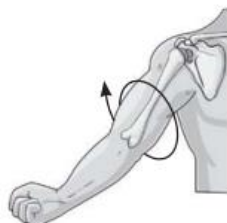
Worksheet

Grade 5- EVS

Chapter 8- Bones and Muscles

A. Name the joint in the figures given below.

1.



2.



3.



4.



B. CASE STUDY- MUSCLES AND MOVEMENT:

Muscles have the ability to contract and expand. Muscles along with skeletal system help in movement of body parts and locomotion. There are 2 types of muscles: Voluntary muscles - Muscles which we control knowingly. e.g. hand, leg or mouth muscles. Involuntary muscles - Muscles which we don't control directly. e.g muscles of the heart and digestive system. Cardiac muscles are found on the walls of the heart. Cardiac muscles are under involuntary control.

5. Name the muscles that work throughout the lifetime without getting tired?

Ans. _____

6. What is the role of muscles?

Ans.

Choose the correct answer:

7. How many bones are there in human skeleton?

- (a) 300
- (b) 200
- (c) 206
- (d) 306

8. The place where cartilage is present in our body is

- (a) outer parts of ear
- (b) at the end of nose
- (c) discs between vertebrae of the backbone
- (d) all of the above

9. The tissue which helps in the movement is called

- (a) epithelial tissue
- (b) muscular tissue
- (c) connective tissue
- (d) nervous tissue

10. Which of the skull bones are movable?

- (a) Upper jaw
- (b) Teeth
- (c) Eye socket
- (d) Lower jaw

11. The _____ pairs of ribs make a cone shaped cage.

- (a) 11
- (b) 10
- (c) 12
- (d) none of these

12. Which of the following are ball and socket joints?

- A. Elbow
- B. Shoulder joint
- C. Knee joint
- D. Hip joint

- (a) A and B
- (b) B and C
- (c) A and C
- (d) B and D

13. One of the following does not have a hinge joint. This one is

- (a) jaw
- (b) elbow
- (c) knee
- (d) shoulder

14. The point where two bones meet is called

- (a) tendon
- (b) pelvic
- (c) joint
- (d) skeleton

15. Tendons connect bone and

- a. The scientific name of backbone is
- b. Bone
- c. Ligaments
- d. Muscle
- e. Cartilage

Fill in the blanks:

16. The scientific name of backbone is

17. The region where two bones meet is called

18. The bony part of our head is called

19. Joints of bones help in the of the body.

20. have ball and socket joint.

21. are protected by rib cage.

22. The upper part of the left has a long bone called _____.

23. The muscles whose moment cannot be controlled or called _____ muscles.

State whether following is true or false:

24. There are two shoulder bones.

25. Bone marrow produces red blood cells.

26. The skull covers the face and protect the brain.

27. The wrist and the ankle have pivot joints.

28. A minimum of two muscles are required to make a movement possible.

29. Our heart has special kind of muscle is called cardiac muscle.

Name the following:

30. Joint is found between our head and neck.

31. Muscles that control the movement of the body and are under our control.

32. Joint found in the shoulders and hips.

33. Muscles that control the movement of the body and are under our control.

34. Match the following:

Column I	Column II
1. Upper Jaw	(a) Thigh bone
2. Pivotal joint	(b) Earthworm
3. Bristles	(c) Neck joint
4. Shell	(d) Joins bones to muscle
5. Cartilage	(e) Present in upper ear
6. Tendon	(f) Snail
7. Lower jaw	(g) Immovable joint
8. Longest bone	(h) Movable
9. Hinge joint	(i) Hip joints
10. Ball and socket joint	(j) Finger joints

