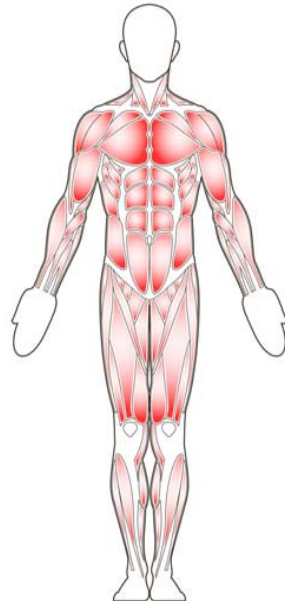
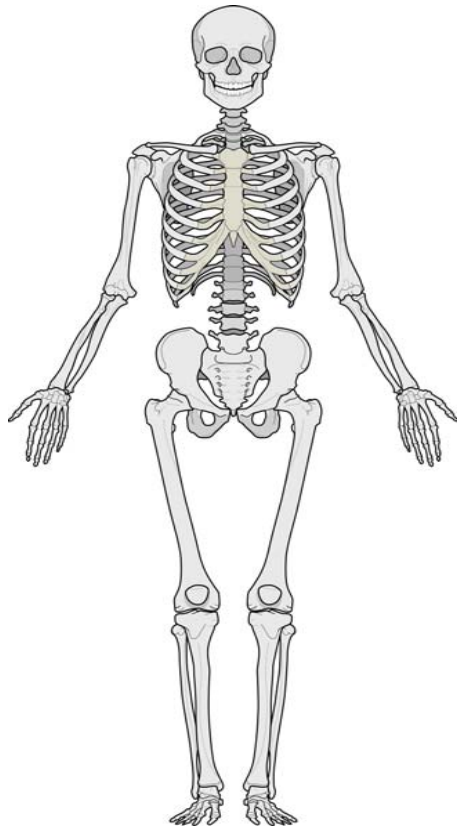


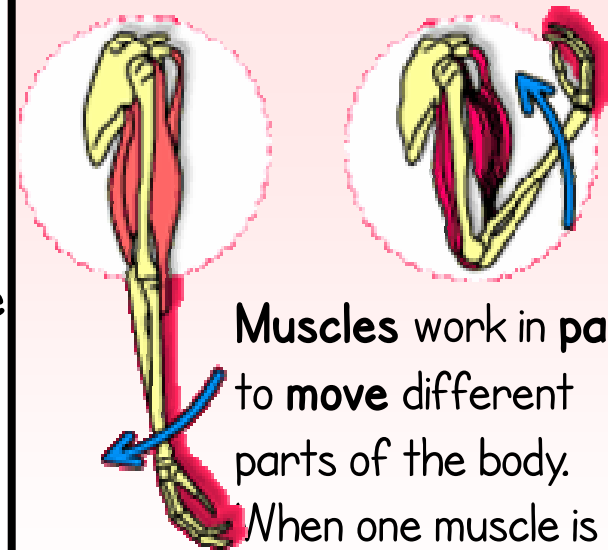
Moving and Growing Fact Sheet

Your **skeleton** supports your body and is made up of many **bones**. These bones protect your internal organs.



The **muscles** are attached to the **bones** by **connective tissue**

Green vegetables and dairy products are good sources of **calcium**. Calcium helps your **bones** to grow and stay strong.



Muscles work in **pairs** to **move** different parts of the body. When one muscle is **contracted** the other is **relaxed**.



Animals who have backbones are called **vertebrates**

Moving and Growing Glossary

calcium - mineral important for healthy bones

relax - when a muscle loosens it is said to relax

connective tissue - the tough substance that joins bones together



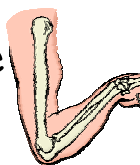
skeleton - the framework of bones that hold together the body, protect vital organs and allow the body to move

contract - when a muscle tightens it is said to contract

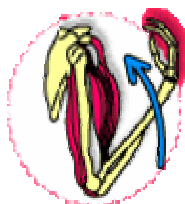
vertebra - one of the small bones that forms part of the backbone (plural - **vertebrae**)



joint - the place where two bones are connected to allow movement



muscles - fleshy parts of the body that are joined to bones and work in pairs to make the body move



names of bones - e.g. skull, spine (backbone), ribs, rib cage



vertebrate - any animal that has a backbone

