


# Moving and Growing





**In this topic we will find out about....**

- 1)The human skeleton and its importance....
- 2)Skeletons in other animals..
- 3)How bones change as we grow..
- 4)How we move...
- 5)Our muscles...
- 6)The effects of exercise on our bodies...



**LO** – To understand that we have **different types** of **joints** in our bodies which help us to move.

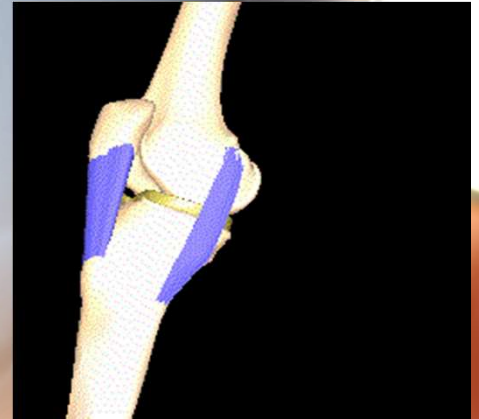
## **VOCABULARY-**

**Joints, bones, hinge joint, ball and socket joint, gliding joint, movable, fixed, movement.**

# Questions to discuss in partner voices!

Q: What do you think a joint is?

A: A joint is where two bones meet. It can be movable or fixed.



Q: Why do you think we have joints?

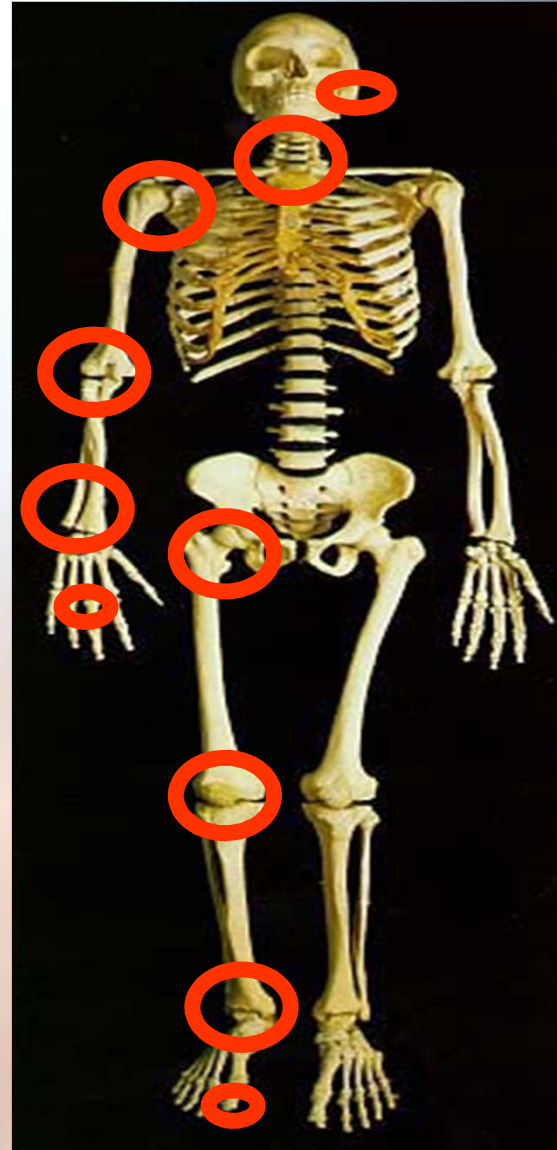
A: If we did not have joints we would find simple tasks like eating very difficult. Any movement needing bending would be impossible!!!!



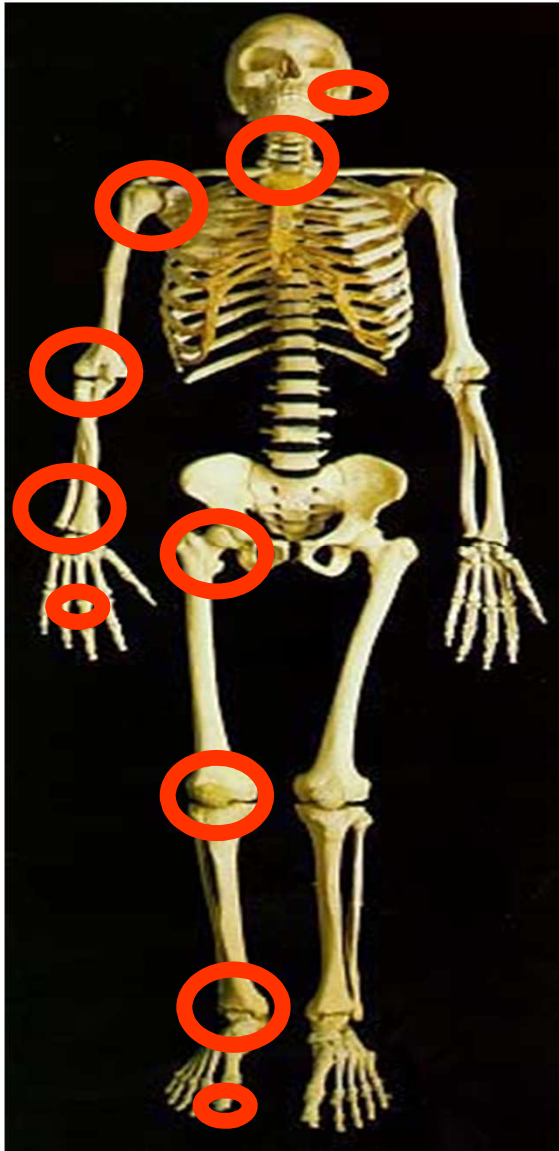
# Where in our body do we find movable joints?



Did you locate the joints in our body correctly?



Do you think that these joints all work in the same way?



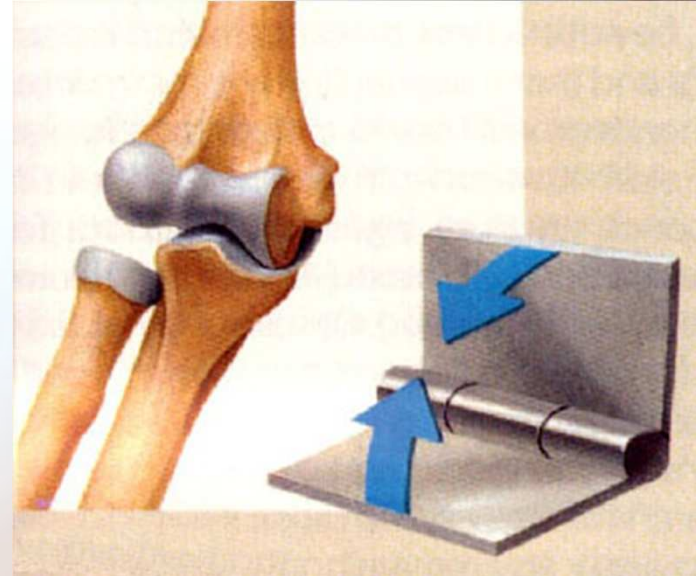
We actually have three main types of **movable** joints:

1) A **hinge** joint

2) A **ball and socket** joint

3) A **gliding** joint

# Hinge joint



Your toes use **hinge joints** (back-and-forth movements like hinges on a door). **Elbows**, **knees** and **fingers** also have these types of joints. Hinge joints are classified as a **movable joint**.

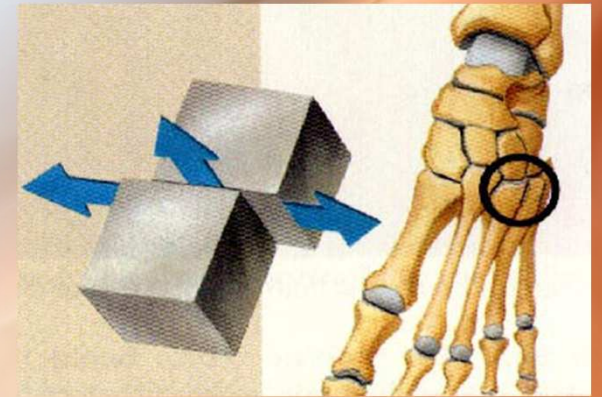
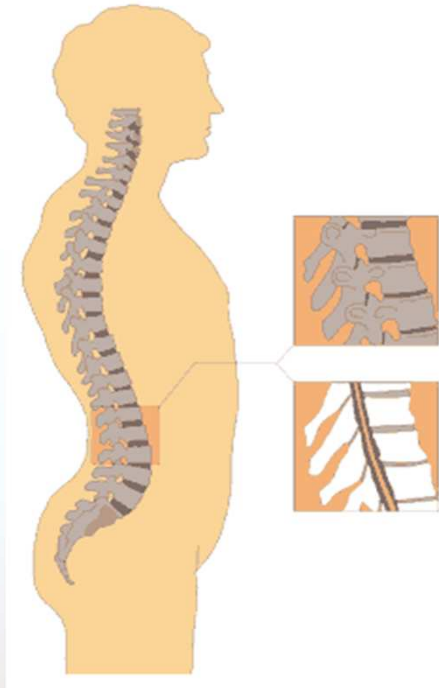
# Ball and socket joint



The **hips** and **shoulders** contain **ball-and-socket joints**

In a ball-and-socket joint, one bone has a rounded end that fits into a cuplike cavity on another bone. This provides a wider range of movement. Thus, your hips and shoulders can swing in almost **any direction**.

# Gliding joint



The joints between the **vertebrae** are called **gliding joints**, where one part of a bone slides over another bone.

# Types of joints

Hinge joint

elbows, fingers, knee

Ball and socket joint

shoulder, hip

Gliding joint

back bone, finger base

