

## Worksheet

Name: \_\_\_\_\_  
Class: Fourth grade

Subject: Science  
Date: \_\_\_\_\_

-Fill in the blanks with the correct answer:

large - moving - joints - protective - fixed - twist - objects -  
skull - circular - kneecap

1. The primary function of arm bones is to help the body to twist and to hold and move objects.
2. The structure of the pelvis is circular in shape.
3. The legs are made up of very strong and large bones.
4. The patella is known as the Kneecap.
5. A joints is the area where two bones connect.
6. Moving joints can move, bend, and twist.
7. fixed joints don't move. An example is the skull.
8. To protect your bones, you should wear protective clothes.

- Circle the correct answer

1. What is a joint?

- a) A type of muscle
- b) The area where two bones connect**
- c) A bone in the leg
- d) A protective covering

2. Which of the following is a moving joint?

- a) Skull
- b) Neck**
- c) Hip bone( fixed)
- d) Ribs

3. Another name of moving joint is:

- a) Fixed joints
- b) Hinge joints**
- c) Muscles joints
- d) Bones joints

4. What type of joint does not move?

- a) Moving joint
- b) Hinge joint
- c) Fixed joint**
- d) Flexible joint

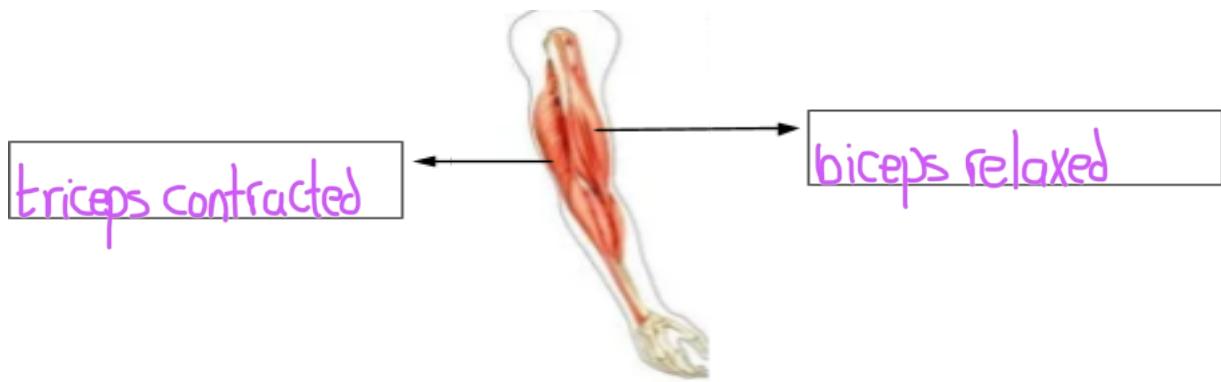
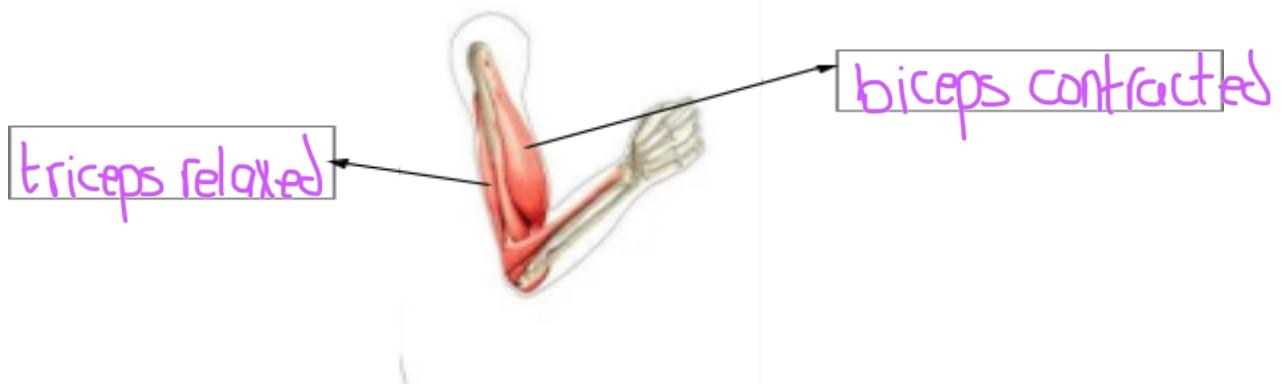
5. Which of the following helps protect your bones?

- a) Wearing heavy clothes
- b) Eating sweets
- c) Wearing protective clothes**
- d) Sitting all day

- Label each of the following muscles movement:

Triceps contracted  
Biceps relaxed

biceps contracted  
triceps relaxed



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