

## Worksheet

Name:		Subject:	Science
Class:	Fourth grade	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 \_\_\_\_\_ and to hold and move \_\_\_\_\_.
2. The structure of the pelvis is \_\_\_\_\_ in shape.
3. The legs are made up of very strong and \_\_\_\_\_ bones.
4. The patella is known as the \_\_\_\_\_.
5. A \_\_\_\_\_ is the area where two bones connect.
6. \_\_\_\_\_ joints can move, bend, and twist.
7. \_\_\_\_\_ joints don't move. An example is the \_\_\_\_\_.
8. To protect your bones, you should wear \_\_\_\_\_ 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**

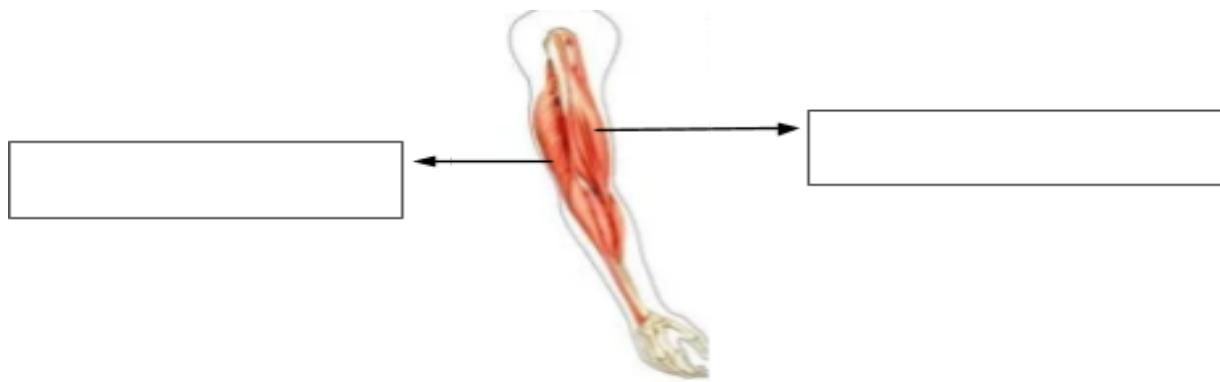
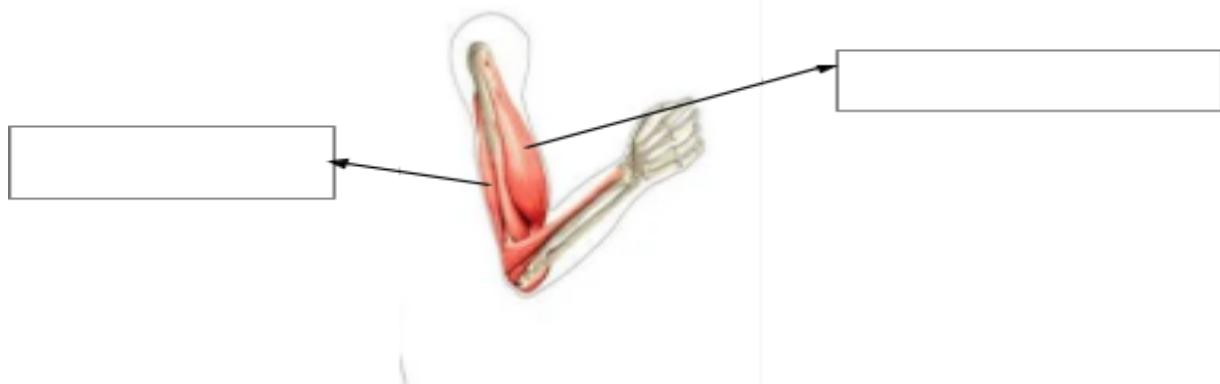
**5. Which of the following helps protect your bones?**

- 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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