



Name: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_\_\_ Period \_\_\_ Room \_\_\_

**BNSG  
0208**

# Bones and Muscles



While watching, complete this video guide.

Three things I knew that were confirmed in the video:

A- \_\_\_\_\_

B- \_\_\_\_\_

C- \_\_\_\_\_

Three things I didn't know but I now know because I watched the video.

A- \_\_\_\_\_

B- \_\_\_\_\_

C- \_\_\_\_\_

- \_\_\_ Δ 1. Every person has a(n) \_\_\_\_\_ .
- \_\_\_ Δ 2. No matter how you move your body, some of your \_\_\_\_\_ are contracting.
- \_\_\_ Δ 3. You have \_\_\_\_\_ all over your body, which connect muscles to bones.
- \_\_\_ Δ 4. Sharks have bones / cartilage.
- \_\_\_ Δ 5. Muscles are what allow our bodies to \_\_\_\_\_.
- \_\_\_ Δ 6. \_\_\_\_\_ are the strongest bones you will find in a skeleton.
- \_\_\_ Δ 7. The joints in all of your fingers are \_\_\_\_\_ joints.
- \_\_\_ Δ 8. Fixed \_\_\_\_\_ in the body do not move.
- \_\_\_ Δ 9. By cracking your knuckles, you are pulling your \_\_\_\_\_ apart.
- \_\_\_ Δ 10. It is easier to frown / smile.
- \_\_\_ Δ 11. In a sparrow's neck there are more bones than there are in the neck of a \_\_\_\_\_.
- \_\_\_ Δ 12. Bones are made up of the periosteum, the compact bone, and the cancellous or \_\_\_\_\_ bone.
- \_\_\_ Δ 13. \_\_\_\_\_, found in milk, helps make your bones strong.
- \_\_\_ Δ 14. Your \_\_\_\_\_ is made of many moveable bones.
- \_\_\_ Δ 15. Your muscle makes up about \_\_\_\_\_ percent of your body weight.