

Room _____ Block _____ ID# _____

Name _____

Teacher _____

Date: ___ / ___ / ___

Period _____

BNL02

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 / worm has a skeleton.
- ___ 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 joints in the body move / 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 backbone is made of one solid / many moveable bone(s).
- ___ Δ 15. Your muscle makes up about _____ percent of your body weight.