

Health and Movement

Learning Objective:

To explore human and animal skeletons.

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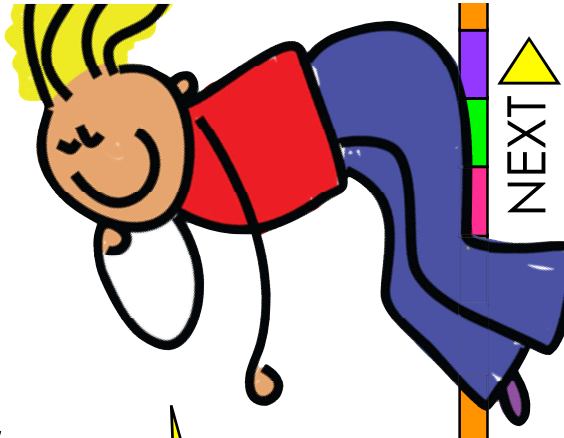
What do you know
about bones and
skeletons?

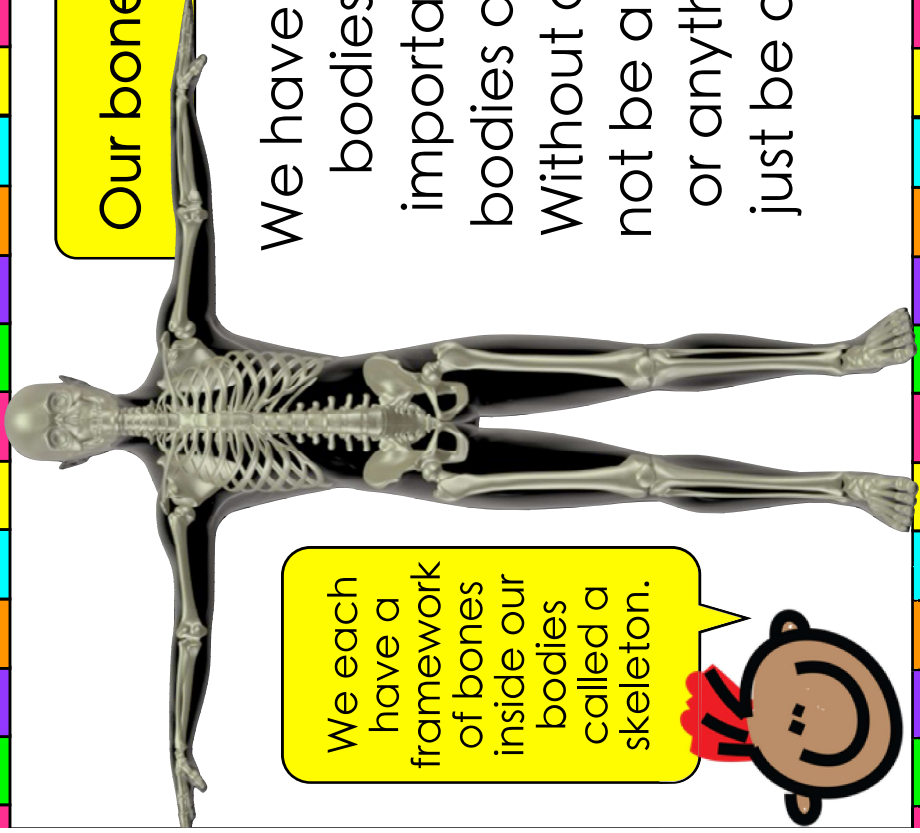
Why do you think
we have bones?

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Our bones are very important!

We each have a framework of bones inside our bodies called a skeleton.

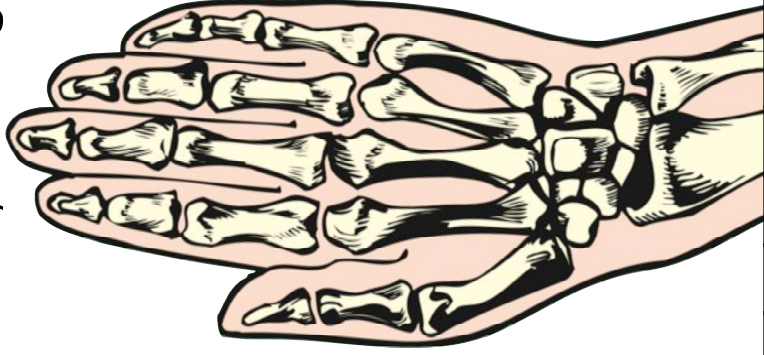
We have bones to support our bodies, to protect all the important organs inside our bodies and to help us move. Without our bones, we would not be able to stand, walk, sit or anything else. We would just be a puddle of skin and muscle!

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Feel the bones in your hands and wrists. Try feeling them when your fingers are straight and when they are bent.



What are the bones like?

What can you feel?

Did you know...
There are 27 bones in the human hand!

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