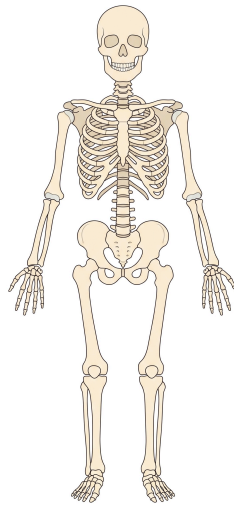


Skeletal System

The bones of the human body



7

printable sheets

17

pages

All

answer keys included

Skeletal System Teaching Pack

The bones of the human body

How to use this pack. The sheets are in a suggested teaching order: show the labeled diagram, have students label the blank one, then work through the practice sheets and finish with the quiz. Use them all over a week or pick the ones you need. The answer keys are together at the back.

What is inside

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2. Label

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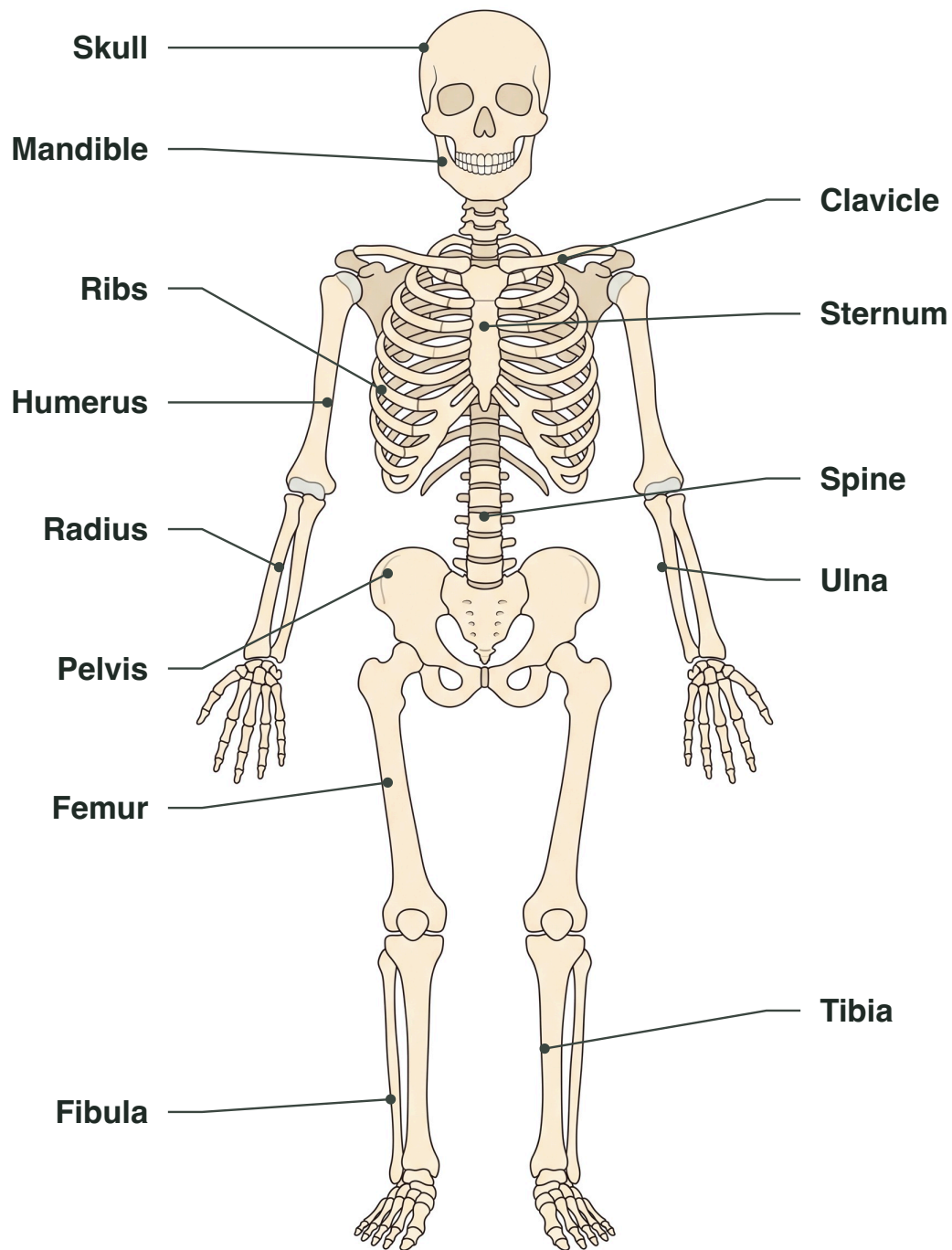
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More free teaching packs. Muscular System, Digestive System, Respiratory System, Heart and Circulation, Excretory System, Nervous System and Brain, Eye and Ear, Endocrine System, Immune System and more at printablescholar.com/teaching-packs/

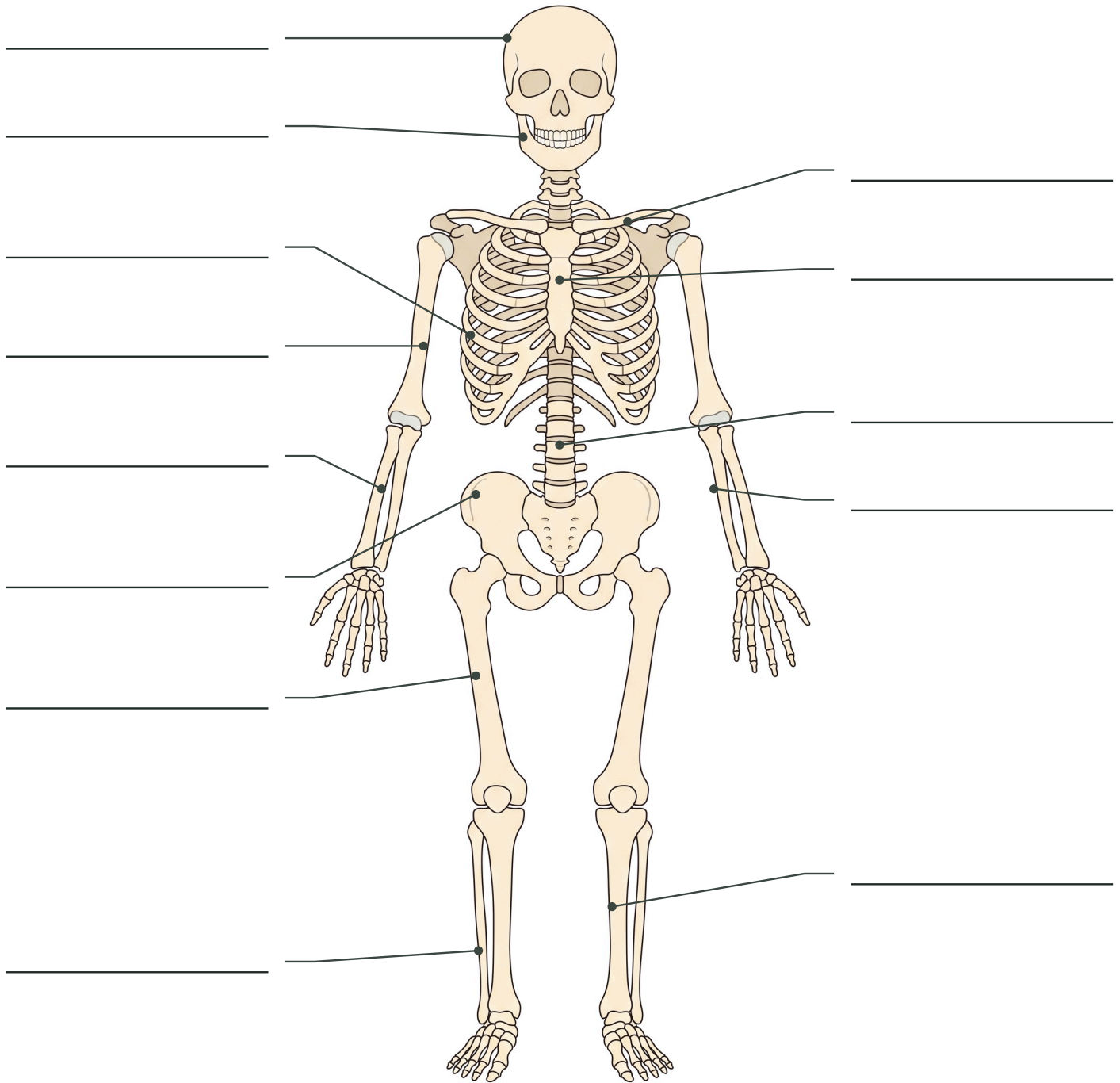
The Skeletal System



The Skeletal System

Name: _____

Write the name of each part on its line. Use the word bank.



Word bank

Clavicle

Femur

Fibula

Humerus

Mandible

Pelvis

Radius

Ribs

Skull

Spine

Sternum

Tibia

Ulna

Bones of the Skeleton

Use the labeled skeletal system diagram to help you.

Part A. Write the bone that fits each description.

Word bank

Clavicle

Femur

Fibula

Humerus

Mandible

Pelvis

Radius

Ribs

Skull

Spine

Sternum

Tibia

Ulna

1. The thigh bone. It is the longest bone in the body. _____
2. It protects the brain and gives the face its shape. _____
3. The forearm bone on the thumb side. _____
4. The breastbone, a flat bone at the front of the chest. _____
5. The hip bones. The legs join the body here. _____
6. The shinbone, the larger of the two lower-leg bones. _____
7. Curved bones that form a cage around the heart and lungs. _____
8. The lower jaw. It moves when you chew and talk. _____
9. The upper arm bone, from the shoulder to the elbow. _____
10. The backbone, a column of small bones called vertebrae. _____
11. The forearm bone on the little-finger side. _____
12. The collarbone. It joins the shoulder to the chest. _____
13. The thinner of the two lower-leg bones. _____

Part B. Answer the questions.

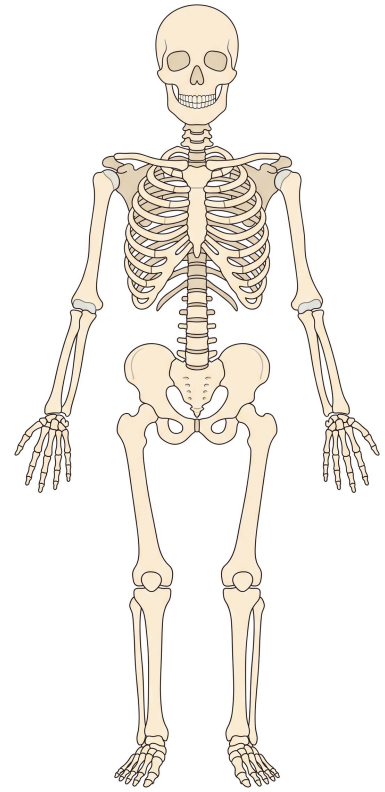
1. Which three bones on the diagram are in the arm?

2. Which bones protect the heart and lungs?

Your Skeleton

Read the text. Then answer the questions on the next page.

- 1 Without bones, your body would be a soft heap on the floor. Your **skeleton** is the frame that holds you up and gives your body its shape. An adult has 206 bones. They come in many sizes, from tiny bones inside the ear to the **femur**, the long bone in the thigh.
- 2 Bones also protect the soft organs inside you. The **skull** is a hard case around the brain. The **ribs** curve around the chest and form a cage that guards the heart and lungs. The **spine** is a column of small bones called **vertebrae**. It holds the body upright, and the spinal cord runs safely inside it.
- 3 Bones cannot move on their own. Muscles move them. The place where two bones meet is called a **joint**. To bend your arm, a muscle first gets shorter. As it shortens, it pulls on a bone. The bone then moves at the joint. Tough bands called **ligaments** hold the bones of a joint together. Smooth **cartilage** covers the ends of the bones so they do not grind against each other.
- 4 A bone is not solid all the way through. The outside is hard and dense. Inside many bones is a soft tissue called **bone marrow**. Red bone marrow makes new blood cells. Bones also store **calcium**, a mineral that makes them hard.
- 5 Bones are alive. They have blood vessels, and they grow as you grow. A broken bone can even repair itself by building new bone across the break. You can help your bones stay strong. Eat foods with calcium, such as milk and yogurt, and stay active. Bones get stronger when they are used.



The human skeleton, seen from the front.

Your Skeleton: Questions

Go back to the text to find each answer. The paragraphs are numbered to help you.

1. What is this text mostly about?

- ☐ How to treat a broken arm
- ☐ What the skeleton does and how bones work
- ☐ Why milk is a healthy drink
- ☐ How the brain controls the body

2. How many bones does an adult have?

- ☐ 106
- ☐ 206
- ☐ 306
- ☐ 600

3. Which bones form a cage around the heart and lungs?

- ☐ The vertebrae
- ☐ The skull
- ☐ The ribs
- ☐ The femur

4. What is a joint?

5. Number the steps 1, 2 and 3 to show how you bend your arm (paragraph 3).

- ☐ The bone moves at the joint.
- ☐ A muscle gets shorter.
- ☐ The muscle pulls on a bone.

6. What does cartilage do at a joint?

- ☐ It makes new blood cells.
- ☐ It pulls on the bones to move them.
- ☐ It covers the ends of the bones so they do not grind.
- ☐ It stores calcium for the body.

7. What does red bone marrow do?

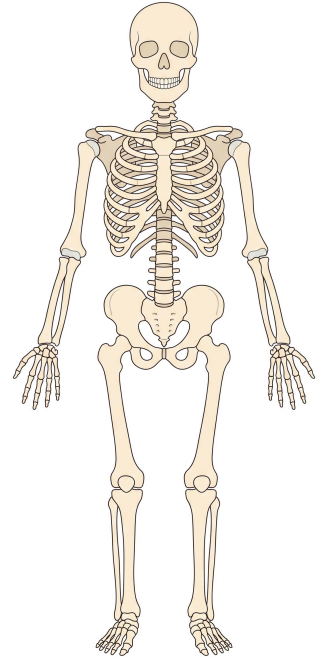
8. The text says bones are alive. Give two facts from the text that show this.

How a Broken Bone Heals

Bone is living tissue, so it can repair itself. These steps are mixed up. Put them in order.

Part A. Number the steps from 1 to 5.

- ☐ Over many months, the body reshapes the new bone until it is close to its old shape.
- ☐ The blood thickens into a clot around the break.
- ☐ A bone breaks. Blood vessels inside the bone tear and bleed.
- ☐ Hard new bone slowly takes the place of the soft tissue.
- ☐ Soft new tissue grows across the gap and joins the broken ends.



Part B. Answer the questions.

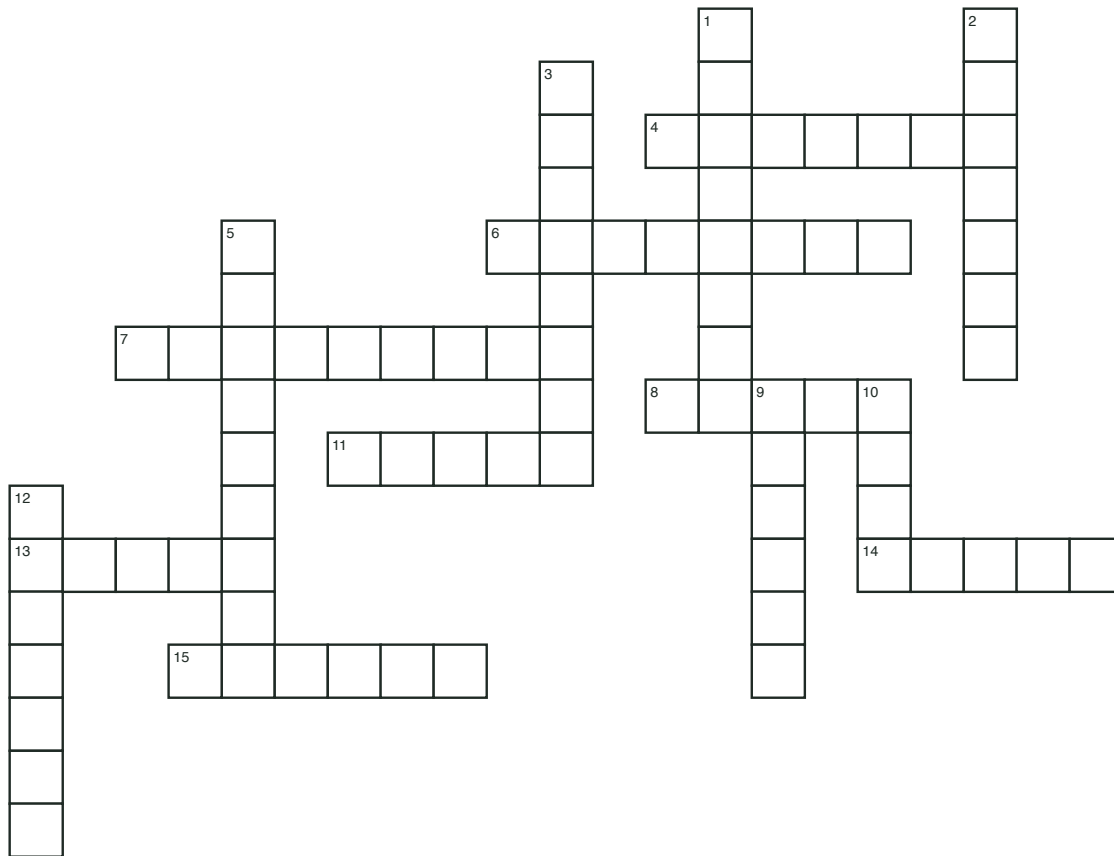
1. A doctor often puts a cast on a broken arm. How does a cast help the bone heal?

2. How does this process show that bones are alive?

3. Calcium is the mineral that makes bones hard. Why does a healing bone need calcium?

Skeletal System Crossword

Read each clue. Write the answer in the puzzle, one letter in each box. Use the word bank if you get stuck.



ACROSS

4. A mineral that makes bones hard.
6. The lower jaw.
7. The small bones of the spine.
8. The thigh bone, the longest bone in the body.
11. The place where two bones meet.
13. The shinbone.
14. It protects the brain.
15. The hip bones.

DOWN

1. The collarbone.
2. The upper arm bone.
3. A tough band that holds two bones together.
5. Smooth tissue that covers the ends of bones.
9. Soft tissue inside bones. The red kind makes blood cells.
10. Curved bones that form a cage around the heart and lungs.
12. The breastbone.

Word bank

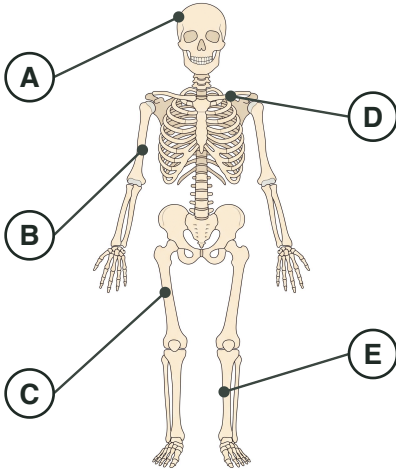
calcium cartilage clavicle femur humerus joint ligament mandible
marrow pelvis ribs skull sternum tibia vertebrae

Skeletal System Quiz

Score _____ / 13

Show what you know about the bones of the body.

Part A. This is the human skeleton. Write the name of each bone.



- A _____
- B _____
- C _____
- D _____
- E _____

Clavicle · Femur · Humerus · Skull · Tibia

Part B. Choose the best answer.

1. Which bone protects the brain?

- ☐ Sternum
- ☐ Skull
- ☐ Pelvis
- ☐ Mandible

2. Which is the longest bone in the body?

- ☐ Humerus
- ☐ Tibia
- ☐ Femur
- ☐ Fibula

3. What is the place where two bones meet called?

- ☐ A joint
- ☐ A ligament
- ☐ Marrow
- ☐ Cartilage

4. What does red bone marrow make?

- ☐ Calcium
- ☐ Blood cells
- ☐ Cartilage
- ☐ Muscles

5. Which two bones are in the forearm?

- ☐ Tibia and fibula
- ☐ Humerus and femur
- ☐ Radius and ulna
- ☐ Clavicle and sternum

6. What is another name for the collarbone?

- ☐ Clavicle
- ☐ Sternum
- ☐ Mandible
- ☐ Ulna

Part C. Write your answer.

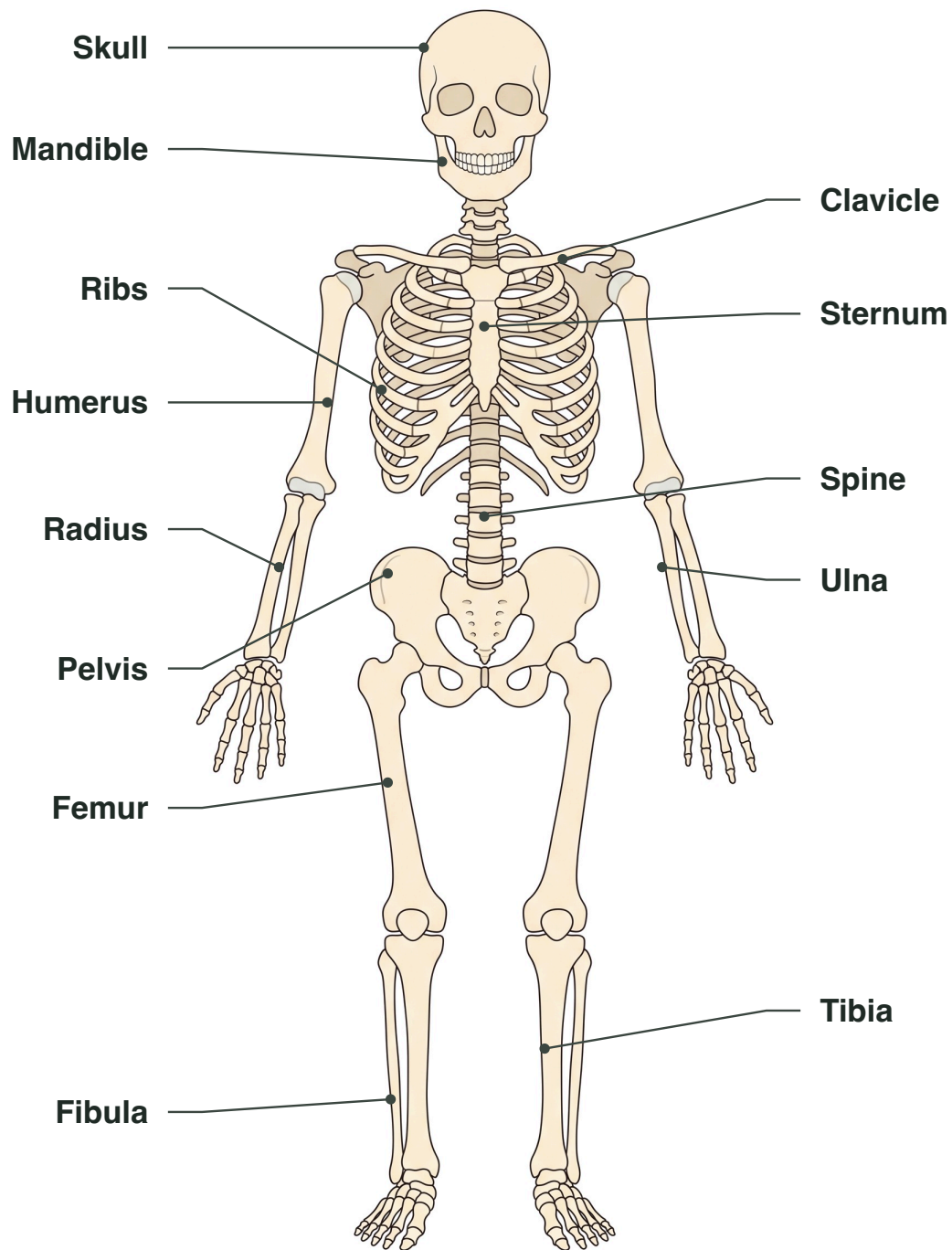
7. Name two jobs of the skeleton.

8. What do the ribs protect?

Answer Keys

In the same order as the sheets.

The Skeletal System: Answer Key



Bones of the Skeleton: Answer Key

Answers are in green. Written answers will vary; these are examples.

Part A. Write the bone that fits each description.

Word bank

Clavicle

Femur

Fibula

Humerus

Mandible

Pelvis

Radius

Ribs

Skull

Spine

Sternum

Tibia

Ulna

1. The thigh bone. It is the longest bone in the body.	Femur
2. It protects the brain and gives the face its shape.	Skull
3. The forearm bone on the thumb side.	Radius
4. The breastbone, a flat bone at the front of the chest.	Sternum
5. The hip bones. The legs join the body here.	Pelvis
6. The shinbone, the larger of the two lower-leg bones.	Tibia
7. Curved bones that form a cage around the heart and lungs.	Ribs
8. The lower jaw. It moves when you chew and talk.	Mandible
9. The upper arm bone, from the shoulder to the elbow.	Humerus
10. The backbone, a column of small bones called vertebrae.	Spine
11. The forearm bone on the little-finger side.	Ulna
12. The collarbone. It joins the shoulder to the chest.	Clavicle
13. The thinner of the two lower-leg bones.	Fibula

Part B. Answer the questions.

1. Which three bones on the diagram are in the arm?

The humerus, the radius and the ulna.

2. Which bones protect the heart and lungs?

The ribs. (The sternum at the front helps too.)

Your Skeleton: Answer Key

Answers are in green. Written answers will vary; these are examples.

1. What is this text mostly about?

- ☐ How to treat a broken arm
- ☒ **What the skeleton does and how bones work**
- ☐ Why milk is a healthy drink
- ☐ How the brain controls the body

2. How many bones does an adult have?

- ☐ 106
- ☒ **206**
- ☐ 306
- ☐ 600

3. Which bones form a cage around the heart and lungs?

- ☐ The vertebrae
- ☐ The skull
- ☒ **The ribs**
- ☐ The femur

4. What is a joint?

The place where two bones meet.

5. Number the steps 1, 2 and 3 to show how you bend your arm (paragraph 3).

- 3** The bone moves at the joint.
- 1** A muscle gets shorter.
- 2** The muscle pulls on a bone.

6. What does cartilage do at a joint?

- ☐ It makes new blood cells.
- ☐ It pulls on the bones to move them.
- ☒ **It covers the ends of the bones so they do not grind.**
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7. What does red bone marrow do?

It makes new blood cells.

8. The text says bones are alive. Give two facts from the text that show this.

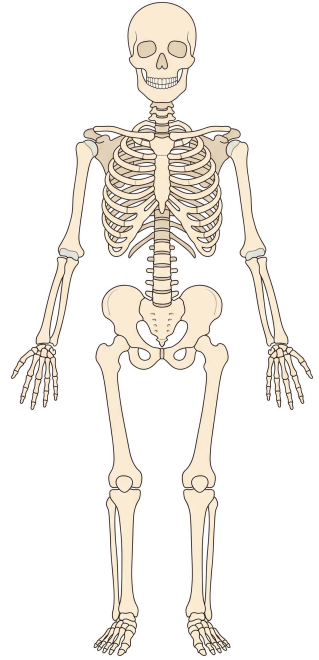
Any two: bones have blood vessels, they grow, they can repair themselves, they get stronger when they are used.

How a Broken Bone Heals: Answer Key

Answers are in green. Written answers will vary; these are examples.

Part A. Number the steps from 1 to 5.

- 5** Over many months, the body reshapes the new bone until it is close to its old shape.
- 2** The blood thickens into a clot around the break.
- 1** A bone breaks. Blood vessels inside the bone tear and bleed.
- 4** Hard new bone slowly takes the place of the soft tissue.
- 3** Soft new tissue grows across the gap and joins the broken ends.



Part B. Answer the questions.

1. A doctor often puts a cast on a broken arm. How does a cast help the bone heal?

It holds the broken ends still and in line, so the new bone joins them in the right place.

2. How does this process show that bones are alive?

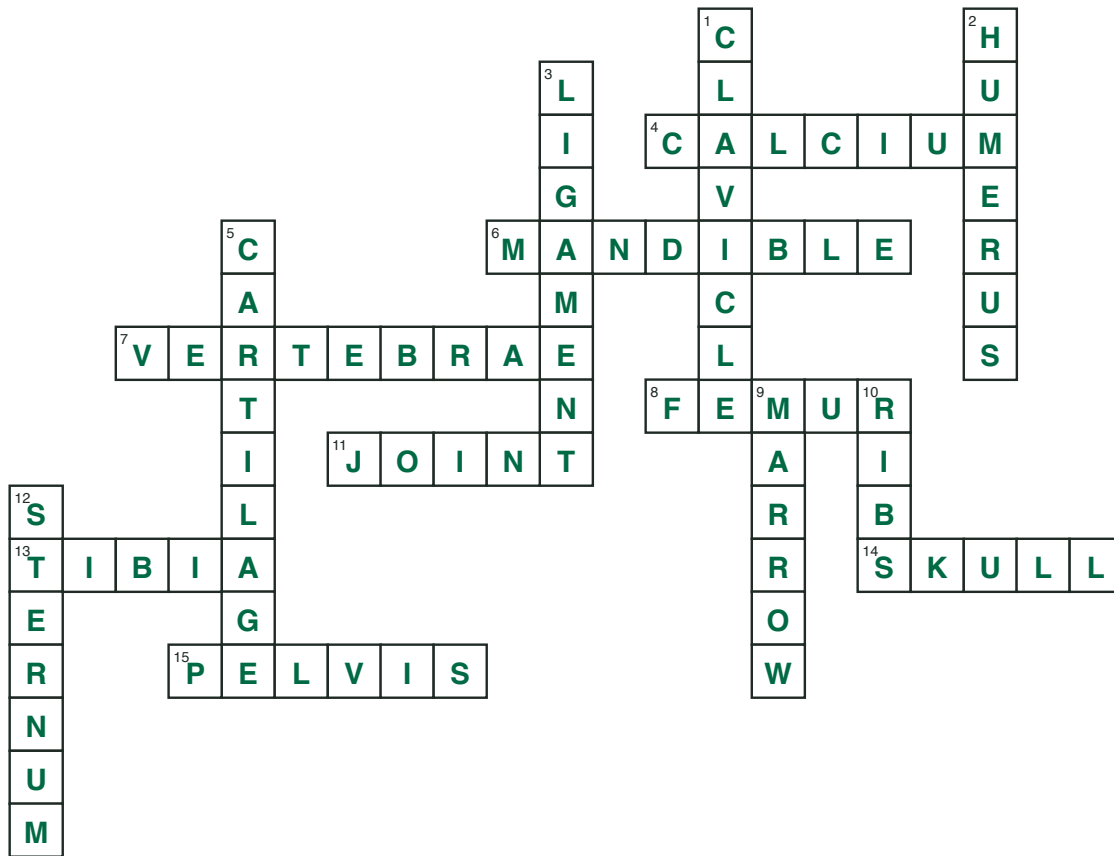
Bones have blood vessels and can grow new tissue to repair themselves. Something that is not alive cannot do that.

3. Calcium is the mineral that makes bones hard. Why does a healing bone need calcium?

The body needs calcium to build the hard new bone that takes the place of the soft tissue.

Skeletal System Crossword: Answer Key

Answers are in green.



ACROSS

4. A mineral that makes bones hard.
6. The lower jaw.
7. The small bones of the spine.
8. The thigh bone, the longest bone in the body.
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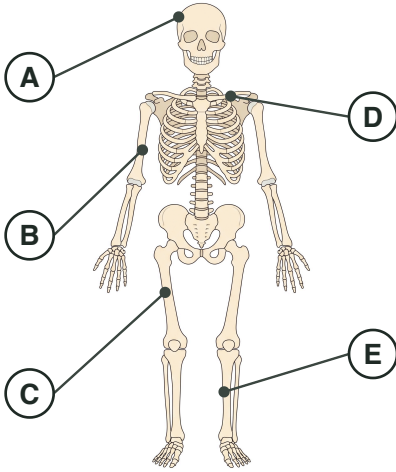
Word bank

calcium cartilage clavicle femur humerus joint ligament mandible
marrow pelvis ribs skull sternum tibia vertebrae

Skeletal System Quiz: Answer Key

Answers are in green. Written answers will vary; these are examples.

Part A. This is the human skeleton. Write the name of each bone.



A **Skull**

B **Humerus**

C **Femur**

D **Clavicle**

E **Tibia**

Clavicle · Femur · Humerus · Skull · Tibia

Part B. Choose the best answer.

1. Which bone protects the brain?

- ☐ Sternum
☒ **Skull**
☐ Pelvis
☐ Mandible

2. Which is the longest bone in the body?

- ☐ Humerus
☐ Tibia
☒ **Femur**
☐ Fibula

3. What is the place where two bones meet called?

- ☒ **A joint**
☐ A ligament
☐ Marrow
☐ Cartilage

4. What does red bone marrow make?

- ☐ Calcium
☒ **Blood cells**
☐ Cartilage
☐ Muscles

5. Which two bones are in the forearm?

- ☐ Tibia and fibula
☐ Humerus and femur
☒ **Radius and ulna**
☐ Clavicle and sternum

6. What is another name for the collarbone?

- ☒ **Clavicle**
☐ Sternum
☐ Mandible
☐ Ulna

Part C. Write your answer.

7. Name two jobs of the skeleton.

Any two: it holds the body up and gives it shape, protects organs, lets the body move (with muscles), makes blood cells, stores calcium.

8. What do the ribs protect?

The heart and lungs.