

Name: _____

Date: _____

Bill Nye Bones and Muscles Video Sheet

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