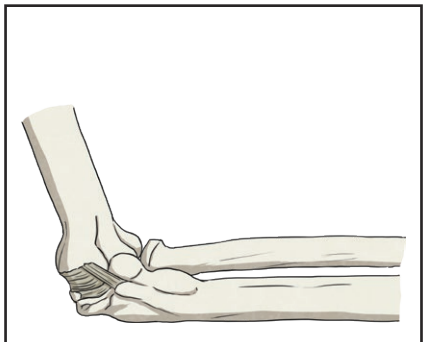
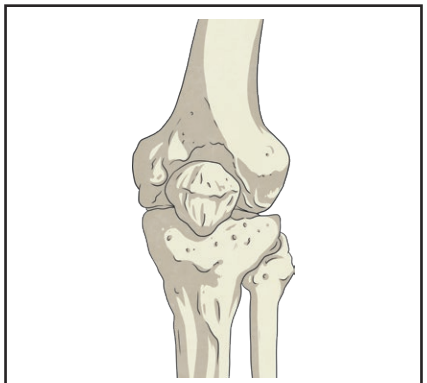
| Key Vocabulary Overview | |
|---|---|
| **skeleton** | a structure of bones or other substances that can provide protection, movement and support |
| **joints** | areas of a skeleton where two or more bones are fitted together |
| **hinge joint** | allows bending and extending movements |
| **ball-and-socket joint** | where a bone with a rounded end (the 'ball') fits into another bone with a rounded cavity (the 'socket'), allowing movement in all directions |
| **muscle** | soft tissues in the body that contract and relax to cause movement |
| **contracting** | when muscles get shorter and tighten |
| **relaxing** | when muscles get longer |
| **biceps and triceps** | a pair of muscles found in the upper arm |

## Skeleton Joints

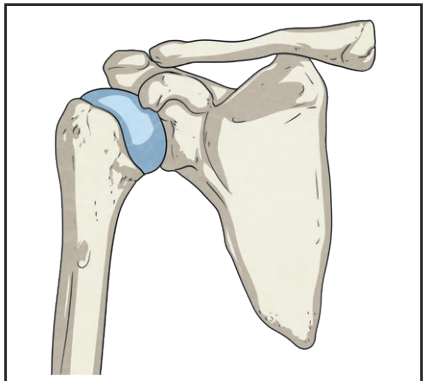
**Skeleton joints** are areas where two or more bones are fitted together. They help us move. Without them, we would not be able to move.



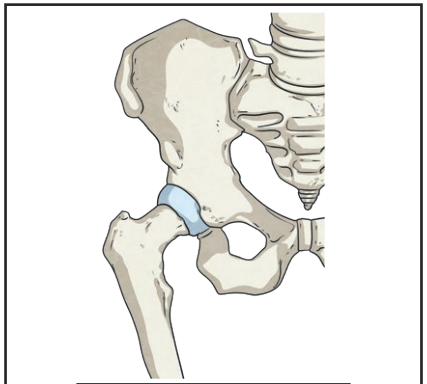
elbow joint



knee joint



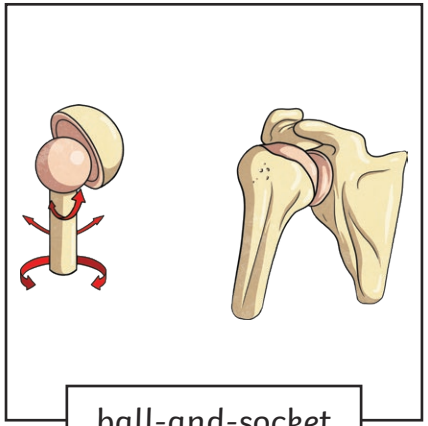
shoulder joint



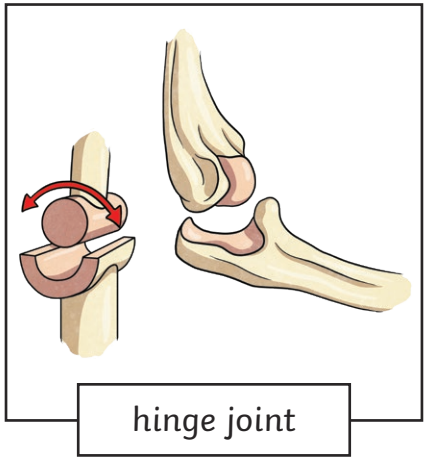
hip joint

## Types of Joints

There are different types of **joints** and they allow different types of movement. Here are two examples:



ball-and-socket joint

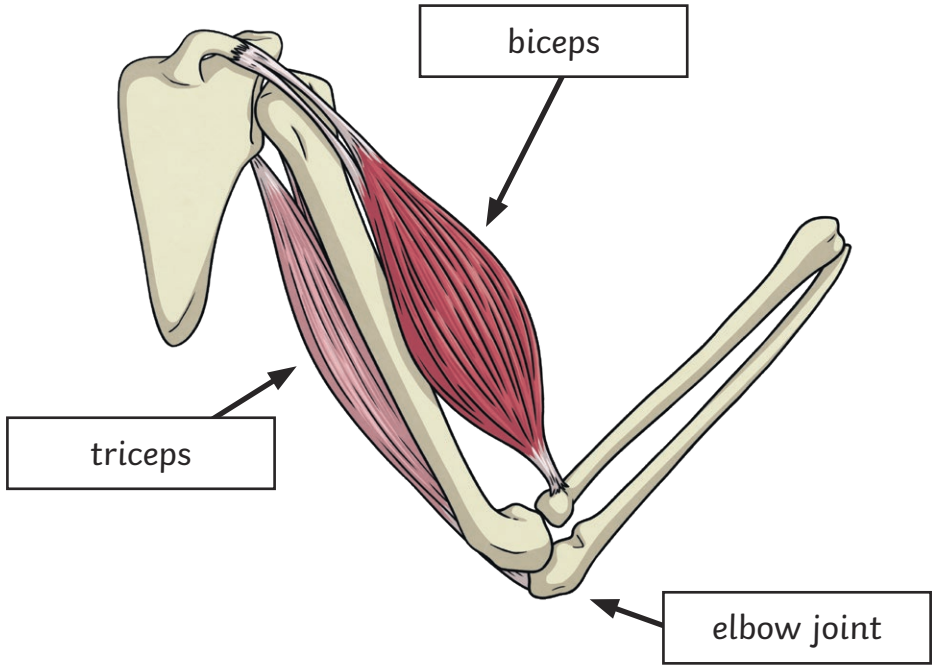


hinge joint

## Muscles

**Muscles** are attached to bones.
They pull on bones to move them.

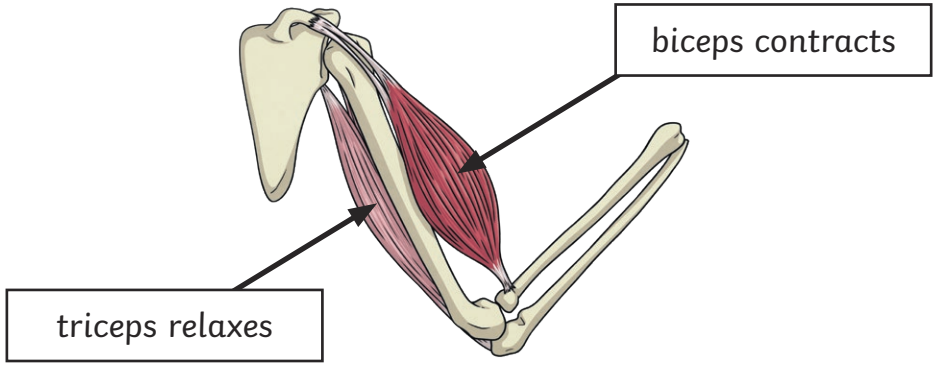
**Muscles** cannot push our bones; they only pull. This means they have to work in pairs. One of the **muscles** in the pair **contracts** (gets shorter and tightens) while the other **muscle relaxes** (gets longer).




## Biceps and Triceps

The **muscles** in the upper arm are a pair called the **biceps and triceps**. They allow you to bend and straighten your arm.

When you lift your arm towards your shoulder, the **biceps** pulls your lower arm in by **contracting**. As the **biceps contracts**, the **triceps relaxes** and gets longer.




As the arm goes back down, the opposite happens.