**Skeletal and Muscle Systems of the Body**

By Tonya Denny

Keywords

skeletal system

bones

human body

function

support

protection

locomotion

hinge

ball and socket

gliding

movement

joint muscular system

muscle

cranium

skull

mandible

clavicle

collar bone

scapula

shoulder blade

sternum

ribs

humerus

spinal column

vertebrae

ulna

radius

carpals

metacarpals

phalanges

pelvis

sacrum

coccyx

patella

tibia

fibula

tarsals

metatarsals

abdominal aponeurosis

biceps brachii

brachioradialis

deltoid

extensor carpi

external oblique

flexor carpi

gastrocnemius

hip adductors

intercostals

internal oblique

orbicularis oris

orbicularis oculi

pectoralis major

peroneus longus

quadriceps femoris

rectus abdominus

rectus femoris

sartorius

serratus anterior

soleus

sternocleidonmastoid

temple

tibialis anterior

trapezius

zygomaticus

Dewey Decimal

610-619 – Medical Sciences: Medicine

Non-Fiction Books

* Dem Bones by Bob Barner : Descriptions of skeletal structures are interspersed with the words of the traditional African American spiritual, "Dem Bones." Leg bones, ankle bones, and neck bones are described in medical terminology and their structures are explained in simple terms for young readers.
* Bones by Stephen Krensky : This simple book teaches young readers these facts and many more about the skeleton inside each of us!
* Broken Bones by Alvin Silverstein, Virginia B. Silverstein and Laura Silverstein Nunn : Describes human bones and how they function, how and why bones can break, and the way a fracture is treated.
* You Can't See Your Bones with Binoculars: a guide to your 206 bones by Harriet Ziefert and Amanda Haley: Text and illustrations, including xrays, provide a guided tour of the human skeleton, encouraging the reader to find and feel each bone as it is described.
* Your Bones by Terri DeGezelle: Introduces bones, their makeup and function, bone diseases, and how to keep bones healthy.

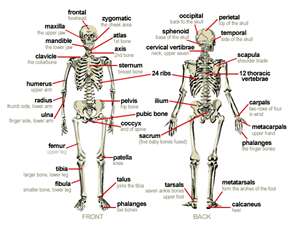
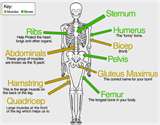
Fiction Books

* Smiler's Bones by Peter Lerangis: In 1897, Robert Peary took six Eskimos from their homes and "presented" them to the American Museum of Natural History in New York as a living exhibit. Two of them were father and son: Qisuk ("Smiler") and Minik. This is Minik's story.
* The Bones of Fred Mcfee by Eve Bunting: A toy skeleton at Halloween provides menace and mystery.
* The Search for the Missing Bones (Magic School Bus Series) by Eva Moore : Ms. Frizzle and her class go to the Hugh Mann Costume Company to track down the missing bones for their skeleton costumes.

Videos

* All About Bones and Muscles: A DVD video which allows young students to get a close-up look at two key systems of the body.
* The Skeletal and Muscular Systems: Explores the characteristics and functions of the bones and joints in the human skeletal system.

Images

[](http://wikis.rcoe.appstate.edu/MediaPedia/index.php/File:Bm1.jpg) [](http://wikis.rcoe.appstate.edu/MediaPedia/index.php/File:Bm2.jpg) [](http://wikis.rcoe.appstate.edu/MediaPedia/index.php/File:Bm3.jpg) [](http://wikis.rcoe.appstate.edu/MediaPedia/index.php/File:Bm4.jpg)

Teaching Resources

* [Kids Health](http://kidshealth.org/parent/general/body_basics/bones_muscles_joints.html) This website has a great article on the musculoskeletal system with a links about bones, a movie on the skeletal system, cast facts, strains and sprains, and broken bones. Each page also has a "listen" button so young students can hear the information if they are struggling to read.
* [Lesson Plans](http://www.cstone.net/%7Ebcp/3/3NSci.htm) Four ready-made lesson plans using "Bone Zone" from the Mailbox Magazine for teachers. These include objectives, materials needed, suggested books, websites, teacher notes, procedures and possible homework ideas.
* [Muscular and Skeletal Systems](http://www.emc.maricopa.edu/faculty/farabee/biobk/BioBookMUSSKEL.html) This site has links to types of skeletal systems, functions of the bones and muscles, bone tissues, bone growth, joints and skeletal muscle systems.
* [Field Trip](http://www.learnnc.org/discover/) This site through Learn NC allows educators to plan field trip opportunities for the lessons they are teaching.
* [Major Muscles of the Human Body](http://www.wisc-online.com/objects/ViewObject.aspx?ID=MEA204) Allows the user to practice vocabulary and visuals to practice their skills at locating the major muscles of the body.
* [Virtual Human Bones](http://www.glencoe.com/sites/common_assets/science/virtual_labs/LS21/LS21.html) This site allows students to see the major bones of the body, place bones where they belong on the body and quiz on bones.
* [Halloween Pasta Skeleton](http://www.artprojectsforkids.org/2008/09/pasta-skeleton.html) This site gives directions for making a skeleton with pasta.
* [Q tip Skeleton](http://www.ehow.com/how_4493877_make-qtip-skeleton.html) This site gives directions for making a skeleton with Q tips.
* [Poseable Skeleton](http://www.ehow.com/how_4499642_make-poseable-skeleton.html) This site gives directions for making a poseable skeleton.
* [Meringue Skeleton](http://www.littleblueschool.com/2006/08/skeleton-lesson-meringue-bones.html) This site gives directions for making a skeleton out of meringue.
* [Sock Skeleton](http://www.poopscape.com/projects/sock%20skeleton/skeleton.htm) This site gives directions for making a skeleton with a stuffed sock.
* [Milk Jug Skeleton](http://www.recycleguys.org/images/seasonal/skeleton.pdf) This pdf file gives directions for making a skeleton with milk jugs.
* [Rubric](http://rubistar.4teachers.org/) Educators wanting their students to produce a skeletal model can develop a rubric along with them. This site allows educators to develop and save their rubrics.