



SCIENCE
CH : 5 BONES AND MUSCLES

Name: _____

Date: _____

Class: II Sec: _____

I Fill in the blanks

- a _____ give shape to our body.
- b The place where two bones meet is called a _____.
- c A good _____ helps us stay healthy.
- d Our body has more than _____ bones
- e The _____ protects our brain.
- f Our bones are covered with _____

II Give one word for the following.

- a. The hard part that give shape to our body. _____
- b. The framework of bones. _____
- c They help our bones to move. _____

III State true or false

- a We can bend our body around the joints. _____
- b We need strong bones and muscles. _____
- c Bones and muscles work together to help us move. _____
- d There are 200 muscles in our body. _____
- e Exercise is good for health. _____

IV Match the following

Posture	Soft parts of the body
Bones	Strong muscles
Muscles	Position of the body
Exercise	Hard and stiff



INDIAN SCHOOL NIZWA - WORKSHEET

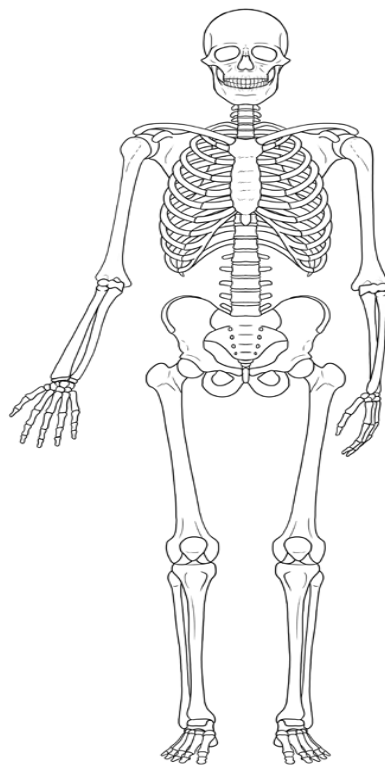
V Read and answer the following questions

Aman carried his heavy school bag on his shoulders. He used his arms to lift it.

a. Which body part helps Aman to lift the bag – bones or muscles ?

b. Why do we need strong muscles?

VI Circle the places that have joints in the skeleton



VII Tick the correct posture .





INDIAN SCHOOL NIZWA - WORKSHEET