

# WELCOME TO THE ONLINE CLASS

**SESSION NO.: 6**

**CLASS: 5**

**SUBJECT: SCIENCE**

**CHAPTER NUMBER: 9**

**CHAPTER NAME: OUR SKELETAL SYSTEM**

**SUB TOPIC: LONG Q & A**

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**CHANGING YOUR TOMORROW**

# LEARNING OBJECTIVE

**To enable the learner to:**

- **find and write the questions and answers.**

## A. Tick the correct answer.

1. The working of the internal organs of our body is controlled by this system.
  - a. reproductive
  - b. circulatory
  - c. respiratory
  - d. nervous**
2. This joint allows the maximum movement.
  - a. ball and socket joint**
  - b. pivot joint
  - c. hinge joint
  - d. gliding joint
3. Muscles are attached to the bones with fibres called
  - a. ligaments
  - b. tendons**
  - c. bone marrows
  - d. ribs
4. These muscles are under our control.
  - a. muscles attached to the alimentary canal
  - b. muscles attached to our skeleton**
  - c. cardiac muscles
  - d. none of these

## B. Fill in the blanks.

1. The human skeleton encloses and protects all the internal organs of the body.
2. The vertebral column protects the delicate spinal cord.
3. The muscles which are not under our control are called involuntary muscles.
4. The ligaments are the strong tissues which hold the bones together.
5. The powerful femur bone bears the weight of the whole body.

## C. Match the columns.

### Column A

1. Vertebral column
2. Knee
3. Rib cage
4. Skull

### Column B

- a. Heart and lungs **3**
- b. Spinal cord **1**
- c. Brain **4**
- d. Hinge joint **2**

## **D. Write short answers.**

### **1. What is a joint?**

**Ans:** A joint is the meeting point of two bones held together by ligaments.

### **2. Name the different kinds of movable joints in your body.**

**Ans:** The different kinds of movable joints in our body are:

- the hinge joint
- the ball and socket joint
- the pivot joint
- the gliding joint

### **3. Which part of the facial region is movable? How does it help us?**

**Ans:** The lower jaw of the facial region is movable. It helps us to eat and talk.

## **D. Write short answers.**

### **4. What is bone marrow?**

**Ans: The soft, spongy material found inside the cavities of long bones is known as bone marrow.**

### **5. What are tendons?**

**Ans: Tendons are the strong fibres with which muscles are attached to bones.**

## E. Answer these questions.

### 1. How is our skeleton useful to us?

**Ans:** Our skeleton is useful to us in the following ways:

- It provides a framework of bones.
- It encloses and protects all the internal organs.
- It gives support, strength and shape to the body.

### 2. What is the difference between voluntary and involuntary muscles?

**Ans:** Difference between voluntary and involuntary muscles:

- The muscles which are under our control are known as voluntary muscles whereas the muscles which are not under our control are called involuntary muscles.
- The muscles which are attached to our skeleton are voluntary muscles whereas the muscles of the alimentary canal, eye muscles, cardiac muscles are involuntary muscles.

## **E. Answer these questions.**

### **3. How do muscles work?**

**Ans: Muscles work in the following way:**

- **Muscles produce movement in the body by pulling on the bones.**
- **The contraction and expansion of muscles help to move our body parts.**
- **When the knee bends, one muscle contracts and get shorter whereas the other one relaxes. When the leg stretches the reverse happens.**

### **4. How can we keep our muscles in good shape?**

**Ans: We can keep our muscles in good shape:**

- **By maintaining a good posture while we sit or stand or walk.**
- **By exercising and resting properly and having a healthy diet to keep our muscles in good shape.**



# **HOMEWORK**

- **Learn the Q & A.**

# LEARNING OUTCOME

**The learner will be able to:**

- **find and write the questions and answers.**

**THANKING YOU**  
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