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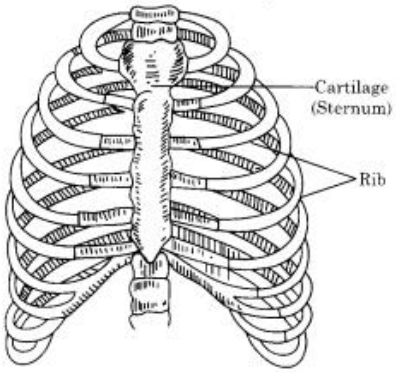
STUDY MATERIAL SCIENCE
CLASS-VI

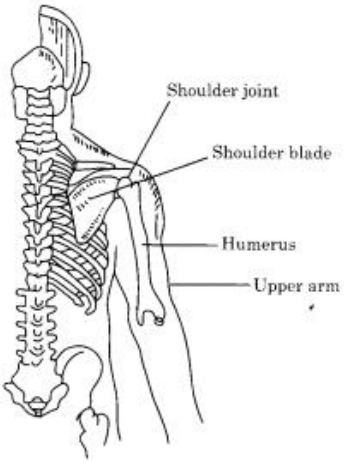
Date : 29-07-2021 Teacher : Poonam Kumari

Body Movements

The Chest bones: 12 pairs of ribs along with backbone make a cone-shaped cage, called rib-cage, which protects the heart.



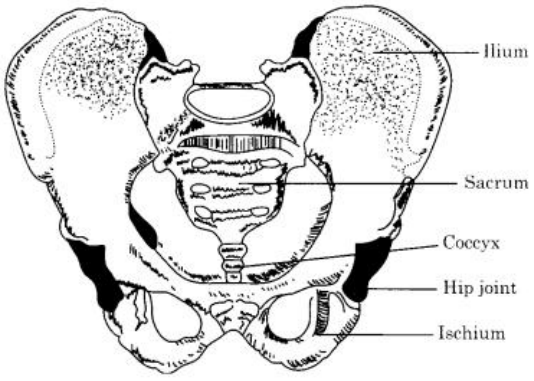
The chest bones



Shoulder bones

The Shoulder bones: The shoulder bone is formed by the collor bone and the shoulder blade. The shoulder bones are flat and large. They help in forming joints with long bones.

Hip bones: The hip bone is formed by the fusion of three bones. Like shoulder bones, the hip bones are also flat and large.



The hip bones

They help in forming joints with long bones. Together with the last two parts of backbone, it forms a large bony bowl called pelvis.

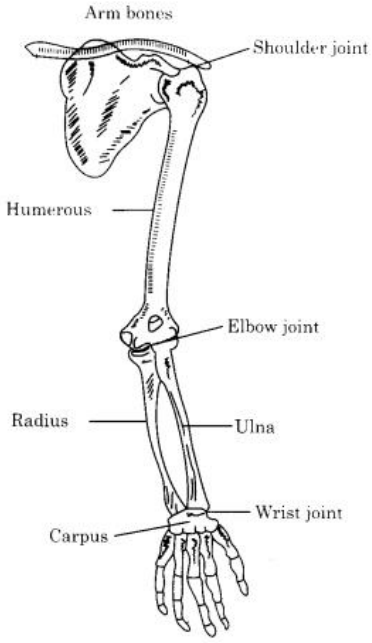
Bones of hands and legs: Bones of arms, thighs, etc., are long. They give strength to our body. Bones of fingers and toes are short. They help us in holding things. The hands and legs are constructed in same pattern as described below: (See Figs).

Part of hand	Part of leg	Number of Bones
Upper arm	Thigh	One long bone
Fore arm	Lower leg	Two long bones
Wrist	Ankle	Several small bones
Palm	Foot	Five bones
Fingers	Toe	Each has three small bones (except thumb, which has two small leaves)

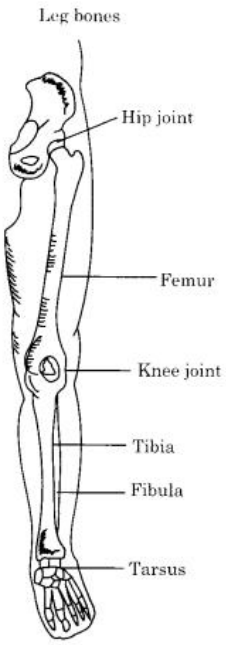
Bone joints: The place where two or more bones meet together is called a joint. In our body, five types of joints are present namely:

- Fixed joints which do not allow movement, e.g., joints of cranium.

- Ball and socket joint allow movement in all directions, e.g., joints between upper arm and shoulder, thigh and hip.
- Pivotal joint allows movement in many planes, e.g., skull makes such joint with first two vertebrae.
- Hinge joints allow movement only in one direction, e.g., fingers, the knee, etc.
- Gliding joints allow only a limited amount of movement, e.g., joints of backbone.



The bones of the hand



The bones of the leg