Name _____ Date _____

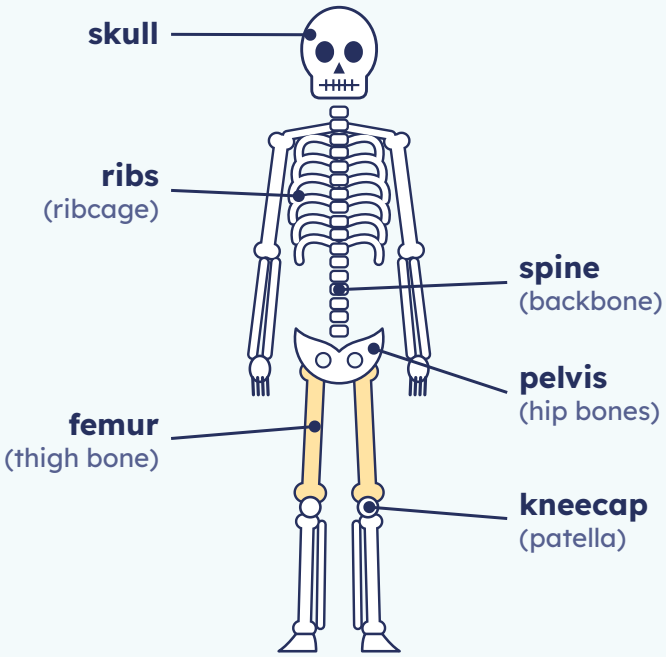
# Naming bones

Your skeleton is made of lots of bones, and each one has a name.

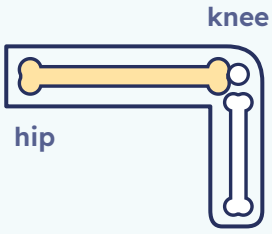
## 1 Learn



All your bones joined together make your **skeleton**. A grown-up has about **206 bones**! Let's learn the names of the big ones.




### Find your femur




1. Sit on a chair. Put your hand on the top of your leg.
2. Press gently. The hard part deep inside is a bone.
3. It goes from your hip to your knee. It's your **femur**, or thigh bone.
4. It's the **longest bone** in your body!

**Flip's tip:** lots of bones have a science name and an everyday name. **Femur** = thigh bone. **Spine** = backbone. **Patella** = kneecap.

**Warm up:** finish each bone's name.

in my chest: **r** ◯◯◯ in my head: **s** ◯◯◯◯ backbone: **s** ◯◯◯◯

**Grown-ups:** read Flip's words aloud. As your child says each bone's name, help them find it on their own body. Bones are the hard parts: the softer parts on top are mostly muscle.

Name _____ Date _____

## 2 Try it together

a child and a grown-up, about 10 minutes

### Bone detective

**You need:** your own body, a grown-up, a piece of string or wool, and a ruler or tape measure.

1. Gently press to find each bone in the table. Write where it is. Tick if you can feel it.
2. Sit down. Lay the string along the top of your leg, from the bump at the side of your hip to your knee. That's about how long your **femur** is.
3. Measure the string. Then measure your grown-up's femur the same way.

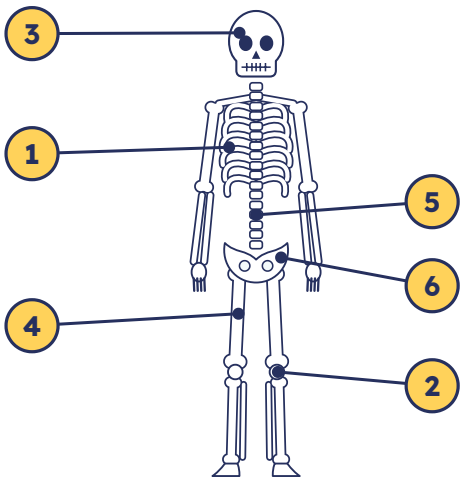
| Bone | Where is it? | I can feel it ✓ |
|---|---|---|
| **skull** | | |
| **ribs** | | |
| **spine** | | |
| **kneecap** | | |

My femur: about _____ cm  My grown-up's femur: about _____ cm

**Grown-ups:** the spine is easiest to feel as bumps down the back when your child bends forwards. The string is only rough: the point is to compare. Ask: "Why is yours shorter?" (Bones grow as you grow.)

## 3 Practise

**A.** Label the skeleton. Write the words from the box next to the numbers.




**femur · kneecap · pelvis · ribs · skull · spine**

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

# Naming bones

Scan to play this chapter in the game

Name _____ Date _____

**B.** Match each science name to its everyday name. Draw a line.

| | |
|---|---|
| **femur** | **backbone** |
| **spine** | **kneecap** |
| **pelvis** | **thigh bone** |
| **patella** | **hip bones** |

**C.** True or false? Draw a ring round **T** or **F**.

1. Your femur is a bone in your arm. **T** **F**
2. Your ribs make a cage round your chest. **T** **F**
3. Your spine is made of lots of small bones. **T** **F**
4. Your skull is the bone in your knee. **T** **F**

**D.** Fill the gaps. Use the words in the box. **206 · longest · skeleton**

1. All the bones in my body together make my _____.
2. A grown-up has about _____ bones.
3. My femur is the _____ bone in my body.

## Challenge

Sam says, "My skeleton is just one big bone, like a statue." Is he right? Explain how you know.

Hint: could you sit down, wave or kick a ball if it was?

## I can... Tick when you can.

- ☐ name my skull, ribs, spine and pelvis
- ☐ find my femur, the longest bone in my body
- ☐ point to my bones and say their names