

# St. Andrews Scots School

Adjacent Navniti Apartment, Patparganj, Delhi – 92  
Session: 2026 – 2027  
SUBJECT- SCIENCE

Class: V      Topic: The skeletal system      Lesson  
No: 3

- Reading of the chapter
- Explanation (will be done in class)

(Textbook exercise)

## Check point 1

Change the underlined words to make correct statements. Rewrite the correct statements in the space provided.

1. We have 206 bones in our body.
2. The vertebral column is made up of 33 small ring -shaped bones called vertebrae.
3. There are 12 pairs of ribs in human body.
4. Knees and elbows are formed of hinge joints.
5. Femur is the longest bone in our body.

## Check point 2

Fill in the blanks

1. three
2. muscle fibres
3. smooth

## Exercises

A. Fill in the blanks

1. Ligament
2. bone marrow
3. 8
4. pivot

5. voluntary

**B. Which joints of the body help us perform the following functions?**

1. Running – Knee joints, Ankle joints, Hip joints
2. Bending – Gliding joints of backbone
3. Jumping – Hip joints, Knee joints, Ankle joints
4. Swimming – Shoulder joints, Elbow joints, Hip joints, Knee joints
5. Writing – Wrist joint and Finger joints

**C. Tick (✓) the correct answer.**

1. (d) 22
2. (c) cartilage
3. (b) knees
4. (a) Voluntary muscles

**Defines Learn from ( pg no- 40)**

**Notebook work**

**New Words**

Write Any 10 New words

**D. Answer the following questions**

**1. What are the main parts of the skeletal system?**

Ans. There are five main parts of the skeleton system. They are the skull, vertebral column, ribcage, limbs and girdles.

**2. What are the functions of the skull?**

Ans. (a) The skull gives shape to the face.

(b) It gives space to eyes, nose, ears and mouth to fix in it.

(c) It protects the brain, eyes, inner parts of ear and nose, and tongue

(d) The lower jaw of the skull enables us to talk and eat food.

### 3. What are the functions of the vertebral column?

Ans. (a) The vertebral column supports the back of our body.

(b) It protects the delicate spinal cord passing through it.

### 4. What is a joint? Name different types of joint present in the body.

Ans. The joining place of two bones is called a joint. Joints are of two types:

(a) Immovable joints such as joints of bones of skull and pelvis.

(b) Movable joints such as ball and socket joints of hips and shoulders, hinge joints of knees and elbows, pivot joints between first and second vertebrae and gliding joints of wrists and ankles.

### 5. Differentiate between the following:

#### (a) Ligament and tendon

Ans. Ligament is a tissue that holds the bones together at a joint, while tendon is a tissue which joins muscles to bones.

#### (b) Hinge joint and ball and socket joint

Ans. A joint which allows bones to move in one direction only is called hinge joint. **Knees and elbows** are formed of hinge joints.

The joint which allows movement of bones in almost all directions is called **ball and socket joint**. This joint is found in our **hips and shoulders**.

### 6. What are voluntary and involuntary muscles?

Ans. **Voluntary muscles** work under our control, e.g., **muscles of arms, legs, hands, etc.**

**Involuntary muscles** do not work at our will, e.g., **muscles of heart, stomach, etc.**

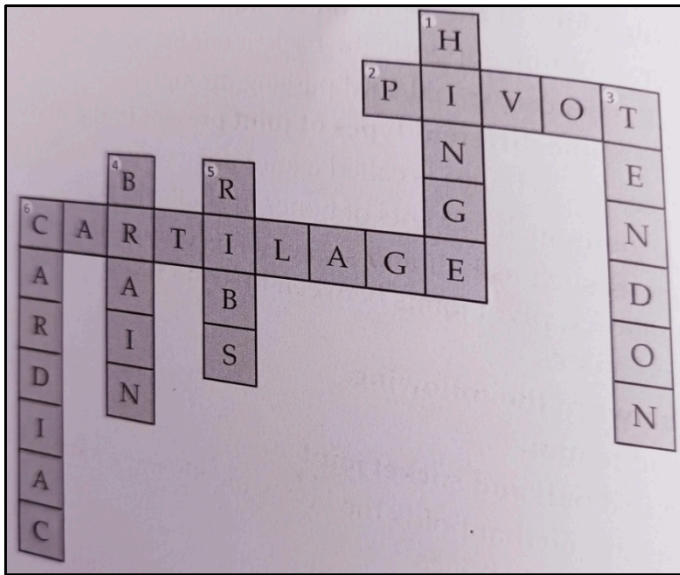
### 7. How do muscles work?

Ans. Muscles work in pairs by alternately contracting and relaxing causing movements in the body parts.

### 8. How can we keep our muscles strong?

Ans. We can keep our muscles strong by doing exercises regularly and eating a balanced diet.

F. Complete the crossword puzzle with the help of given clues.



**Give Reasons (Think Zone )**

**1. Movement of food from the foodpipe to the stomach is involuntary.**

Ans. The foodpipe is made up of involuntary muscles. Its alternate contraction and relaxation movements pass food to the stomach.

**2. The heart keeps working day and night, all through your life.**

Ans. This is because the heart is made up of strong cardiac muscles which work continuously without getting tired.

**3. We can move our neck in all directions but not our knee.**

The pivot joint found between the skull and first vertebra of backbone allows neck to move in all directions while the hinge joint found in the knee allows the movement of bones in one direction only.

**Diagrams**

**Draw the following diagrams**

A. The human skull

B. Vertebral column

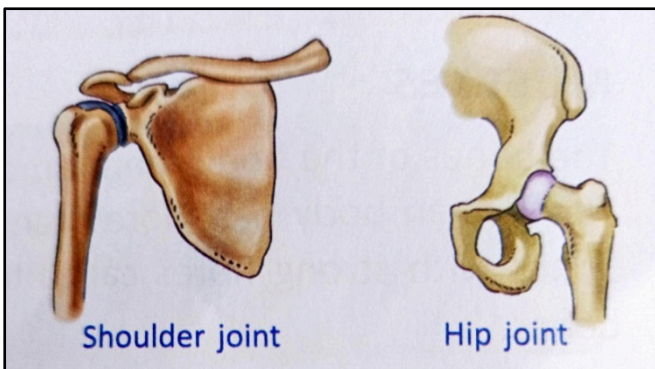
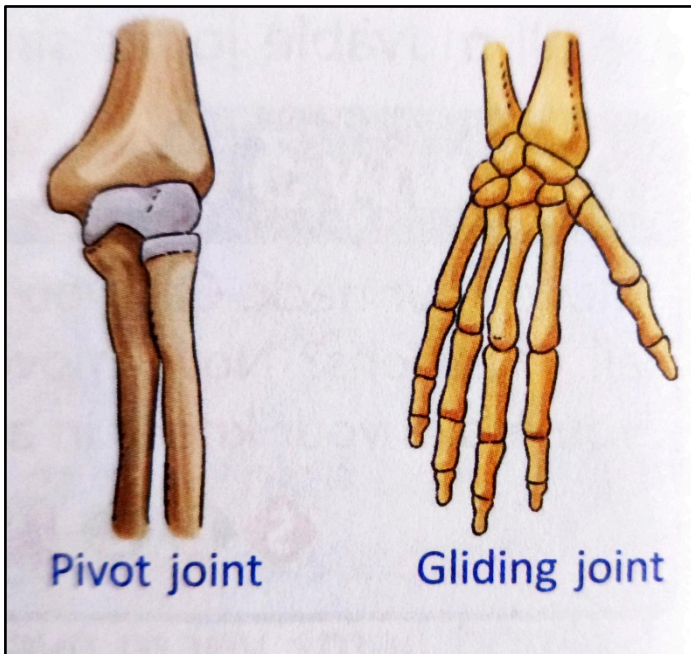
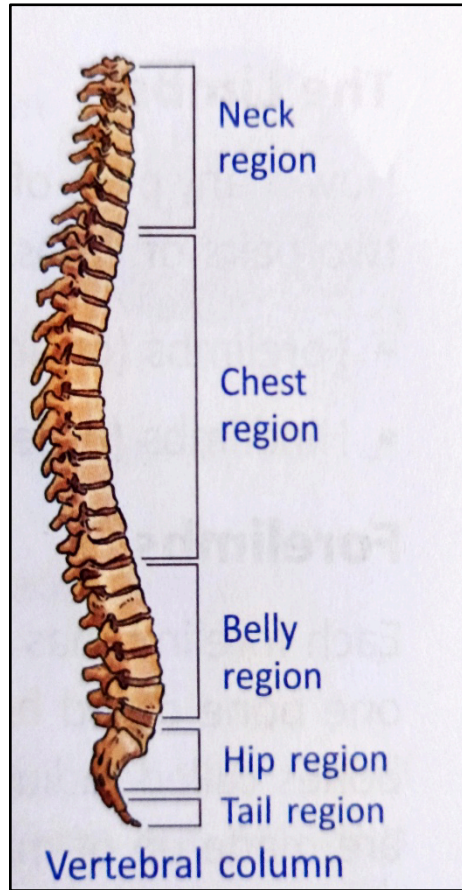
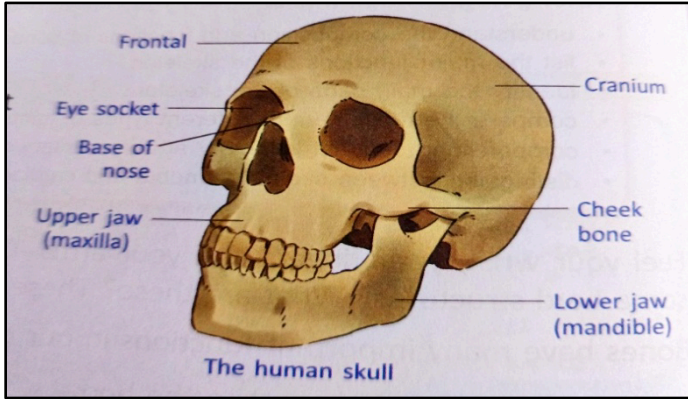
C. Types of movable joint

Hinge joint.

Ball and socket joint

Pivot joint.

Gliding joint



Activity

Collect and paste pictures of different types of muscle fibres in your notebook.

