

Human Muscles and the Skeleton – Oral Teacher Questions

Give two functions of the human skeleton. (AF2) **Answers could include: giving your body its shape; supporting your body; moving your body with the help of muscles; protecting your organs or releasing minerals.**

Give three names of bones in the human body. (AF2) **Answers could include: the skull, the spine, the ribs, the sternum, the femur or the pelvis.**

Which of your organs do you think the ribcage protects? (AF2) **The ribcage protects the heart and the lungs.**

Where does the word 'sesamoid' come from when describing bones? (AF2) **These bones look like sesame seeds, for example the patella in the knee.**

Why do you think the writer has chosen to ask a range of questions throughout the text? (AF5) **The writer asks questions to engage the reader and to get them to think more deeply about the subject.**

The writer uses sub-headings throughout the text. Can you think of a suitable sub-heading for the first section of the text? (AF4) **Suggestions may include 'The Skeleton' or 'Functions of the Skeleton'.**

Why has the writer chosen to include a labelled diagram of the human skeleton at the beginning of the text? (AF4) **The diagram shows the reader the main bones in the human body and their locations which helps the reader understand the text more clearly.**

The text is organised into clear sections with sub-headings. Why do you think the writer has chosen to do this? (AF4) **By organising the text into sections, it makes it clear what each section is about. It helps the reader to understand the text more easily and find the information they need more quickly.**

In your own words, can you explain how muscles work in pairs to move your limbs? (AF2) **To move your limbs one muscle gets shorter and fatter. It pulls on the bone in the lower arm to which it is attached. At the same time, the other muscles relaxes, getting longer and thinner.**

In the text, some muscles are described as 'automatic'. What does this mean? (AF3) **It means that signals in the brain tell your body to move certain muscles automatically without having to think about it first, for example breathing and blinking.**

Which muscles would you need to move to bend and straighten your arm? (AF2) **The biceps and triceps.**

Do you think humans would be able to survive without muscles and bones? Explain your answer. (AF2/AF7) **Without muscles and bones, your body would have no structure and your vital organs would not be protected. Your body would also be unable to move to complete essential tasks for survival such as breathing and eating.**

Why do you think it is important for athletes to have strong muscles and bones? (AF3/AF7) **Athletes need to have strong muscles and bones to enable to compete in their sport the best that they can. Athletes need to take care of their muscles and bones by ensuring they eat healthily and take care of themselves, as well as warming up and stretching to avoid injuries.**