

### Introduction to the Skeletal System (10 minutes)

Read the following introduction and answer the questions:

The skeletal system is the system of bones, joints, and ligaments that provides support and protection for the body. It is made up of 206 bones that work together to facilitate movement, protect internal organs, and produce blood cells.

1. What is the main function of the skeletal system?

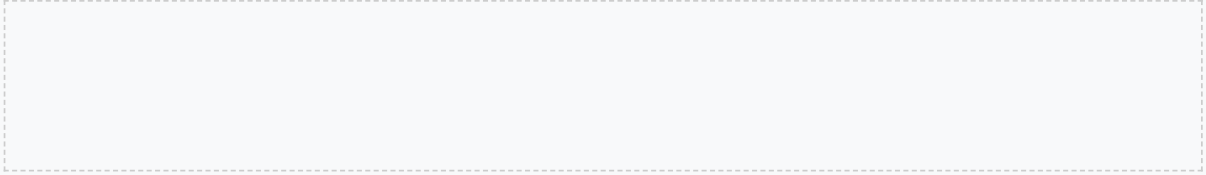
2. How many bones are in the human body?

### Multiple Choice Questions (15 minutes)

Choose the correct answer for each question:

1. What is the main function of the skeletal system?
- a) To produce blood cells
  - b) To facilitate movement
  - c) To protect internal organs
  - d) All of the above

2. What is the longest bone in the human body?
- a) Femur
  - b) Humerus
  - c) Tibia
  - d) Fibula



### Short Answer Questions (20 minutes)

Answer the following questions in complete sentences:

1. Describe the difference between a long bone and a short bone.

2. What is the function of the ribcage?

### Essay Question (30 minutes)

*Describe the importance of the skeletal system in maintaining overall health and wellbeing. Be sure to include the different functions of the skeletal system and how it supports the body's structure and facilitates movement.*

## Diagram Labeling (20 minutes)

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*Label the different bones in the human skeleton:*

 Human Skeleton Diagram

1. Skull
2. Femur
3. Humerus
4. Ribcage
5. Sternum
6. Vertebrae

## Word Search (15 minutes)

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*Find the following words related to the skeletal system:*

BONE JOINT LIGAMENT CARTILAGE TENDON MUSCLE  
AELMORTCAEHLOBNITENDON  
TENDONLIGAMENTBONEJOINT  
CARTILAGEMUSCLEBONESKEL  
ETAOINUTREEHCLOEUTAOSI

### Case Study (25 minutes)

*Read the following case study and answer the questions:*

A 16-year-old athlete suffers a fracture to the femur during a soccer game. Describe the importance of proper treatment and rehabilitation for the athlete to recover from the injury.

1. What is the name of the bone that was fractured?

2. What is the importance of proper treatment and rehabilitation for the athlete?

3. How can the athlete prevent similar injuries in the future?

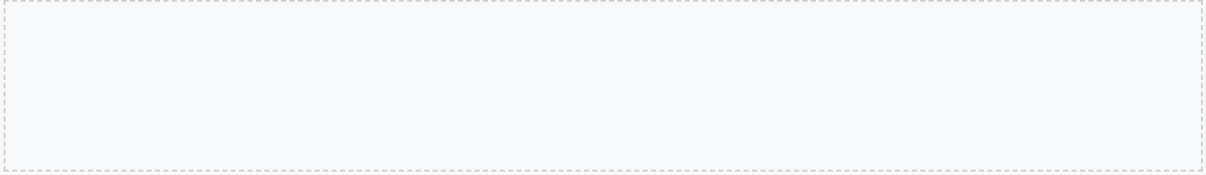
### Critical Thinking (20 minutes)

*Think critically about the following questions:*

1. How does the skeletal system support the body's structure and facilitate movement?

2. What are the different types of bones and their functions?

3. How can you maintain strong and healthy bones throughout your life?



### Research Activity (30 minutes)

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*Research and write a short report on the following topic:*

The importance of calcium and vitamin D in maintaining strong and healthy bones.

### Creative Activity (25 minutes)

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*Create a model of the human skeleton using different materials, such as clay or cardboard. Label the different bones and include a short description of their functions.*

[Space for creative work]

## Conclusion (10 minutes)

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*In conclusion, the skeletal system is a complex and fascinating system that plays a vital role in maintaining overall health and wellbeing. By understanding the different types of bones, their functions, and the importance of the skeletal system, we can appreciate the complexity and beauty of the human body.*

Remember to maintain strong and healthy bones throughout your life by eating a balanced diet, exercising regularly, and getting enough sleep.

## Reflection and Feedback

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### Individual Reflection:

1. What did you learn about the skeletal system?

2. What did you find most interesting or surprising?

3. What would you like to learn more about in the future?



