

Connect Your Skeleton

We all have skeletons which are made up of many bones. Some of these bones are connected by joints, which helps us to move and bend our body for walking, running and even dancing!

To look at some of the joints in the body, why not make your own?

YOU WILL NEED:

- Scissors
- Split pins/paper fasteners OR push pins and a corkboard



METHOD:

1. Cut out the different bones of the skeleton on the page below.
2. Put the skeleton back together by matching the coloured dots.
3. Connect the coloured dots using split pins or push pins on a chalk board

Voila, you have a bendy, flexible skeleton!

Why not make the skeleton strike a pose and see if you can copy the moves? Bend your knees, stretch your arms to the sky, move your head from side to side, dance around!

Do you know the name of some of the joints? Where are the elbow, knee, neck, shoulder and hip joints?

What joints do you use if you want to – jump very high? Scratch your head? Sit on a chair? Nod your head?

