



6-8th Grade - Skeletal System

The skeletal system is composed of bones, cartilage, ligaments, and tendons in the body. The skeleton makes up about 20% of a person's body weight. An adult Skeleton has 206 bones. The main function of the skeletal system is to provide support to the body. You can keep your skeleton healthy by:

- Eating calcium rich foods such as- leafy green vegetables, broccoli, and fish.
- Getting enough vitamin D. This can be achieved by spending time outdoors in the sunlight. (Wear sunscreen)
- Doing weight-bearing exercises. Walking, jogging, and climbing stairs.
- Wearing protection. Always wear protective gear when riding a bike or playing contact sports to avoid bone fractures and other serious injuries.
- Here is a catchy song to get you ready for our upcoming quiz.

The Human Bones Song:

<https://www.youtube.com/watch?v=h5dYvPruBFY>

Ready for the quiz? Scroll down towards the middle of the page and begin.
Goodluck !

Skeleton Quiz:

<https://www.educationquizzes.com/us/middle-school-6th-7th-and-8th-grade/science/basic-anatomy-the-skeleton/>

Ready to get your bones moving ? Here is a step by step video of the "Spooky Skeleton" dance. Try it out !!

How to do the Spooky Skeleton (TikTok) :

<https://www.youtube.com/watch?v=MjiJo7-iyFM>

What is your best "Spooky Skeleton?" Can you challenge your family to learn the dance? Can you make one together ?

Is it better than these ?

For Fun, compilation of the best "Spooky Skeleton" dances:

<https://www.youtube.com/watch?v=jw6mWdpxYSA>