

How Are Bones Held Together?

LIFE SCIENCES, HEALTH

Get curious

Observing

**Touch your hand and count how many bones there are in it.
Draw a diagram of the hand and mark bones on it.**

Students compare the diagrams of their hands in groups. How many bones did they draw?

Talk

Talk about how many bones a person has in total and what functions they fulfil.

Show a diagram of a human skeleton:

http://bodyadaptation.weebly.com/uploads/2/6/4/8/26480346/5703012_orig.jpg

Get going

Manual exercise

A few days before the lesson, make models of bones from salt dough.

You can devote a separate lesson to it, or you can propose that students make models of bones as homework – before the lesson.

Video/ Slide show

Watch a video about types of joints.

While watching, you can try to perform the various movements that are shown for the presented joints. Discuss: What are joints? What is their function? What movements are possible in joints?

Constructing

Students construct a knee joint from art materials.

Students join bones - made earlier from salt dough – together by means of a “knee joint”. First show an excerpt from a video (first minute) .

Presenting results

All groups give a presentation on how they made their joints.

Talk about what was the biggest challenge when constructing the joint, what was the best solution, and what material joined bones best.

Movement game

Perform a few exercises that are good for joints and find out how to take care of them on an everyday basis.

Lay out exercise mats on the floor.

Get practicing

Movement game

Every morning, do the physical exercises that you learnt in class. Show them to your family and look after the health of your joints together.

After a week discuss with students how they feel after morning exercises. Did they notice any difference? Encourage them to continue with the morning warm-up of joints.
