



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
[www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

The following activities will help your students understand what bones, muscles, and joints are and how they work together to keep us moving!

## Related KidsHealth Links

### Articles for Kids:

#### Your Bones

[KidsHealth.org/kid/htbw/bones.html](http://KidsHealth.org/kid/htbw/bones.html)

#### Movie: Bones & Skeletal System

[KidsHealth.org/kid/closet/movies/SSmovie.html](http://KidsHealth.org/kid/closet/movies/SSmovie.html)

#### Your Muscles

[KidsHealth.org/kid/cancer\\_center/HTBW/muscles.html](http://KidsHealth.org/kid/cancer_center/HTBW/muscles.html)

#### Movie: Muscular System

[KidsHealth.org/kid/closet/movies/MSmovie.html](http://KidsHealth.org/kid/closet/movies/MSmovie.html)

#### The Facts About Broken Bones

[KidsHealth.org/kid/ill\\_injure/aches/broken\\_bones.html](http://KidsHealth.org/kid/ill_injure/aches/broken_bones.html)

#### Cool Cast Facts

[KidsHealth.org/kid/feel\\_better/things/casts.html](http://KidsHealth.org/kid/feel_better/things/casts.html)

#### Strains and Sprains Are a Pain

[KidsHealth.org/kid/ill\\_injure/aches/strains\\_sprains.html](http://KidsHealth.org/kid/ill_injure/aches/strains_sprains.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What parts of your body do you use to move? Do you know what body parts underneath your skin help you to move?
2. Why are bones important? Where are your bones? Are they hard or soft? How do you know? Can you feel any of your bones? Where? What do you think would happen if we didn't have any bones?
3. Joints are places where two bones meet. You have joints at your elbows and your shoulders. Move these joints and compare how they move. Do they move the same way or differently? Can you think of other places in your body where there are joints that move like your elbows and shoulders?
4. You have lots of muscles all over your body! Can you tighten the muscles in your arms or legs? How do your muscles feel when you tighten them? Can you tighten all of the muscles in your body whenever you want to? Your heart is a muscle. Can you tighten your heart?













