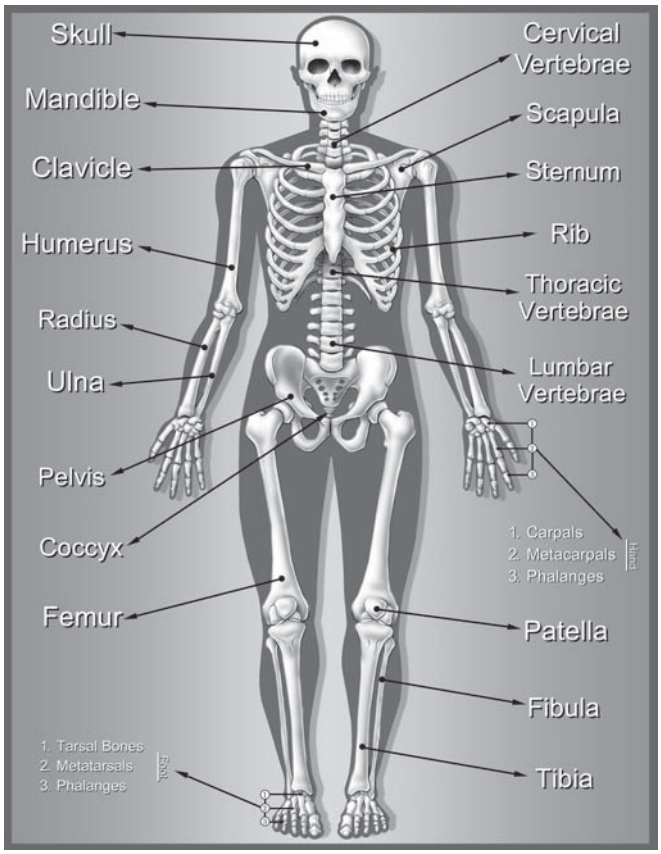
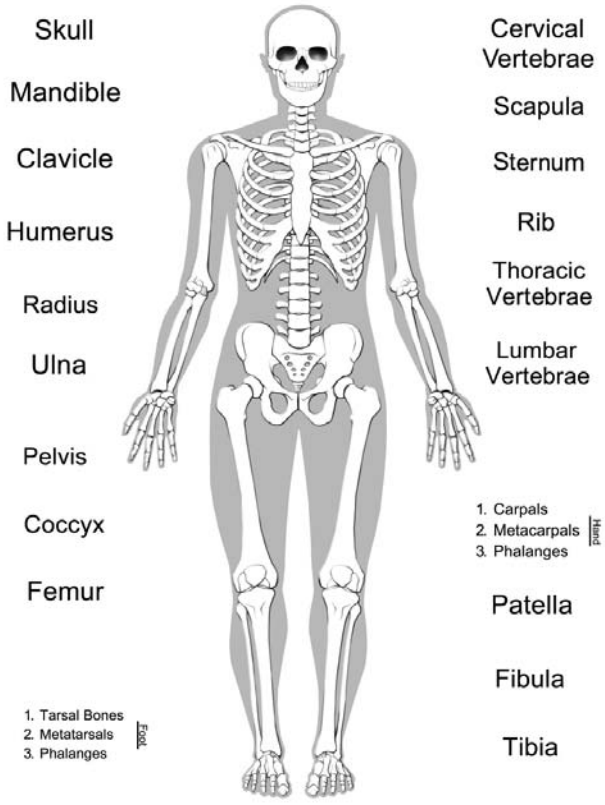


Skeleton

Draw lines to match each name to the correct bone.

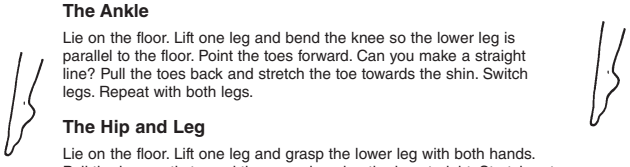


Flexibility Exercises

A main component of good physical conditioning is having a flexible body. Here are some gentle stretching exercises that will help students develop good flexibility.

The Ankle

Lie on the floor. Lift one leg and bend the knee so the lower leg is parallel to the floor. Point the toes forward. Can you make a straight line? Pull the toes back and stretch the toe towards the shin. Switch legs. Repeat with both legs.

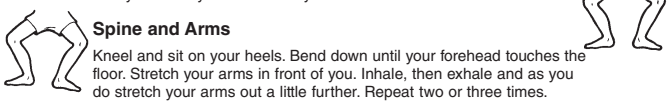


The Hip and Leg

Lie on the floor. Lift one leg and grasp the lower leg with both hands. Pull the leg gently toward the nose, keeping the leg straight. Stretch out to the side. Raise the other leg and repeat.

The Spine

Lie on your stomach. Raise your upper body off the floor, arching the spine. (This is also known as the cobra pose.) Then raise both feet. Can you touch your head with your toes?



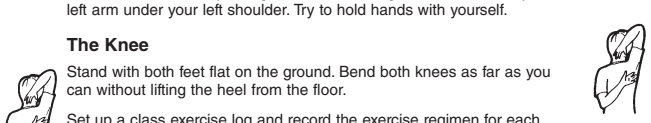
Spine and Arms

Kneel and sit on your heels. Bend down until your forehead touches the floor. Stretch your arms in front of you. Inhale, then exhale and as you do stretch your arms out a little further. Repeat two or three times.

Arms and Shoulders

Sit on the floor. Bend your right arm over the right shoulder. Bend your left arm under your left shoulder. Try to hold hands with yourself.

The Knee



Stand with both feet flat on the ground. Bend both knees as far as you can without lifting the heel from the floor.

Set up a class exercise log and record the exercise regimen for each day of the week. Be sure to log the day, date, type of exercise, and time spent doing the exercise. Evaluate the exercise program with your class.

Ball and Socket Joints

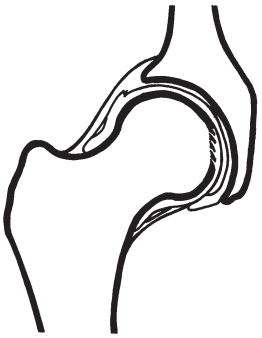
Have you ever wondered what makes it possible for your arms and legs to move with such ease? Try some exercises involving a variety of arm and leg movements. Describe the kinds of motions your arms and legs make.

_____

_____

_____

Your shoulders and hips have ball and socket joints. These allow more freedom of movement than hinge joints do. To get an idea of how they work, make a fist with one hand. Put your other hand around the fist. Move the fist around and up and down. That is how a ball and socket joint works.



Look at the picture of the hip joint to the right. How could you make a model of a ball and socket joint? What materials could you use? Using reference materials, find out as much as you can about ball and socket joints. Then, work with a partner to design a model of a ball and socket joint. Demonstrate it to the class.

Fascinating Facts:

- There are more than 200 joints in your body.
- There are over 56 joints in each hand.
- There are hinge joints in your hand. Where are they?
- The other kinds of joints are called *immovable* (the skull), *pivot* (top of the spine), and *gliding* (hand and spine). Each type of joint allows our bodies to perform the kinds of movement we need to keep our skeletons in action.

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