

**Introduction
to
Our
Next Unit**

**DONT
SIT**

**VIEW RIDGE
Fitness and Fun!!**

**GET
FIT!!**

BONE BUILDING

Strong and healthy bones are as important as strong muscles. Sitting up straight, walking, and jumping are all functions that require the skeletal system. There are 206 bones in the adult human body. Knowing the names and location of the major bones helps a person understand how the body moves.

The two main roles of bones are to support and protect the body. Bones are the frame that gives the body form. Standing up would be impossible without the bones in the legs. Bones also protect internal organs. Ribs protect the lungs and heart, and the cranium protects the brain.

Bone strength, like muscular strength, is determined by two factors - proper nutrition and activity. 1. proper nutrition. Bones need calcium and vitamin D from the foods a person eats. 2. activity. Just like muscles, bones respond positively to the stress from activity. Weight-bearing activities that place stress on the bone, such as running, jumping and weight lifting, stimulate bones to become stronger. To increase bone strength and decrease the chance of breaking a-bone, a healthy diet and weight-bearing-activities should be a regular part of life.

These are the major bones of our unit:

Cranium (Skull)

Location: Head

Function: Protects the brain

Clavicle (Collar Bone)

Location: Across the top and front of the chest.

Function: Connects shoulder and arm to the chest

Humerus

Location: Upper bone in the arm

Function: Provides structure for upper arm

Strengthening Exercises: Push-ups, cartwheels and squat thrusts

Sternum

Location: Center of the chest

Function: Protects the heart and other internal organs, And supports the chest

Vertebrae (Backbone)

Location: Center of your back

Function: Protects the spinal cord and supports the upper body

Strengthening Exercises: Walking, running and jumping

Ribs

Location: Chest

Function: Protect the internal organs, and support the chest

Radius

Location: Bone between the elbow and wrist located on the thumb side of the arm

Function: Provides structure for lower arm

Strengthening Exercises: Push-ups, cartwheels and squat thrusts

Fibula

Location: Smallest bone in the lower leg.

Function: Gives support to the lower leg

Strengthening Exercises: Walking, running and jumping

Ulna

Location: Bone between the elbow and wrist located on the same side of the arm as little finger

Function: Allows movement through the wrist and elbow.

Strengthening Exercises: Push-ups, cartwheels and squat thrusts

Tibia

Location: Biggest bone in the lower leg.

Function: Gives support to the lower leg.

Strengthening Exercises: Walking, running and jumping

Patella (Kneecap)

Location: In between the upper and lower leg bones.

Function: Covers the knee joint

Pelvis

Location: The hipbones

Function: Connects legs to the body

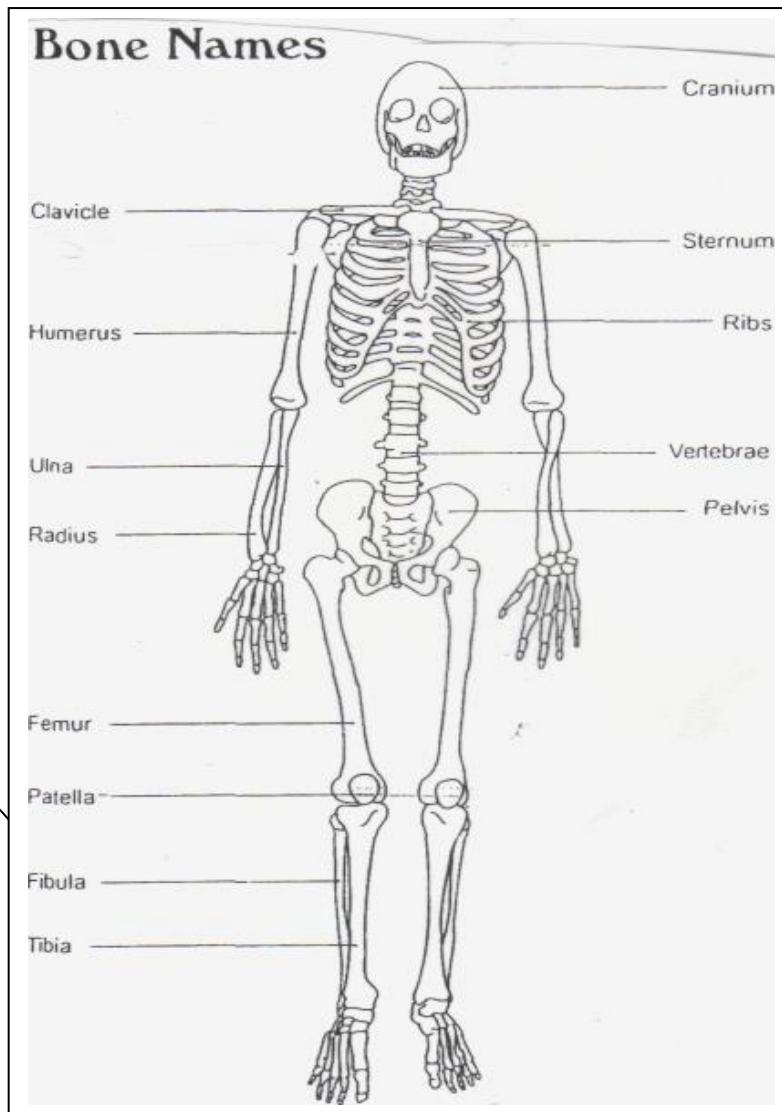
Strengthening Exercises: Walking, running, and jumping

Femur

Location: Upper leg bone

Function: Gives the leg support. Longest, heaviest bone in the body

Strengthening Exercises: Walking, running and jumping



Skeleton Song

(TO "LA CU CA RACHA)

This is my **cranium**,
and my **clavicle**,

Humerus- ha, ha, ha.

Find my **sternum**,
And my **vertebrae**,
All connected with my **ribs**.

My arm has **radius**,
under is **ulna**,

My leg has **tibia** and **fibula**.

Move my **pelvis**, just like Elvis
femur and my **patella**.

