Body Movements

Practice Sheet

Time : 20 minutes **Maximum marks : 10**

Instructions

- This test contains 6 questions.
- Q.1 to Q.3 are one-mark questions, to be answer in about one word or one sentence.
- Q.4 & Q.5 are two-mark questions, to be answer in about 50 words.
- Q.6 is three-mark question, to be answer in about 80 words.

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1. Name the place in our body where gliding joints are present.

2. How many pairs of ribs are present in the chest of our body?

3. What is skeleton?

4. Write short notes on the following.

(1) Synovial joints

(2) Backbone

5. Write the difference between Ball & socket joint and Hinge joint.

6. Write the adaptation of bird for flying.

Practice Sheet Solution

1. Joints at the ankle and the carpals in wrist.

2. 12 pairs ribs.

3. Skeleton is the framework of the body formed by the bones and cartilage.

4. **(1) Synovial joints:** These joints allow free movement of bones in various directions. These are also known as freely movable joints.

(2) Backbone: The backbone is a long, hollow, rod-like structure running from the neck to the hips, inside our body. The scientific name of backbone is vertebral column. The backbone forms the main supporting structure of the body. Top 7 vertebrae of backbone form our neck.

5.

Ball and socket Joints	Hinge Joint
In this joint, the rounded head (like a ball) of one bone fits into a cup-shaped cavity formed by the other bone. This allows movement in all directions.	The hinge joints allow the movement only in one direction (back and forth movement) like those of a door or the lid of a box.
For example: In the shoulder and hip joints.	For example: Elbow joint and knee-joint.

6. Birds have following adaptations which enable them to fly -

(i) Their forelimbs are modified to form wings for flying.

(ii) Their flight feathers provide a large flat surface which is light but strong.

(iii) Their bones are hollow and light.

(iv) Their bodies are streamlined and extremely light.

(v) They have powerful flight muscles.

(vi) Their breastbone is extended for the attachment of large flight muscles.