



## BODY MOVEMENTS

### EXERCISES

#### Question 1:

Fill in the blanks:

- (a) Joints of the bones help in the \_\_\_\_\_ of the body.
- (b) A combination of bones and cartilage forms the \_\_\_\_\_ of the body.
- (c) The bones at the elbow are joined by a \_\_\_\_\_ joint.
- (d) The contraction of the \_\_\_\_\_ pulls the bones during movement.

#### Answer 1:

- (a) Joints of the bones help in the movement of the body.
- (b) A combination of bones and cartilage forms the skeleton of the body.
- (c) The bones at the elbow are joined by a hinge joint.
- (d) The contraction of the muscle pulls the bones during movement.

#### Question 2:

Indicate true (T) and false (F) among the following sentences.

- (a) The movement and locomotion of all animals is exactly the same. ( )
- (b) The cartilages are harder than bones. ( )
- (c) The finger bones do not have joints. ( )
- (d) The fore arm has two bones. ( )
- (e) Cockroaches have an outer skeleton. ( )

#### Answer 2:

- (a) The movement and locomotion of all animals is exactly the same. ( F )
- (b) The cartilages are harder than bones. ( F )
- (c) The finger bones do not have joints. ( F )
- (d) The fore arm has two bones. ( T )
- (e) Cockroaches have an outer skeleton. ( T )

**Question 3:**

Match the items in column I with one or more items of column II.

**Column I**

Upper jaw  
Fish  
Rib  
Snail  
Cockroach

**Column II**

have fins on the body  
has an outer skeleton  
can fly in the air  
is an immovable joint  
protect the heart  
show very slow movement  
have a streamlined body

**Answer 3:**

**Column I**

Upper jaw  
Fish  
Rib  
Snail  
Cockroach

**Column II**

have fins on the body  
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**Question 4:**

Answer the following:

- (a) What is a ball and socket joint?
- (b) Which of the skull bones are movable?
- (c) Why can our elbow not move backwards?

**Answer 4:**

- (a) A ball and socket joint is a movable joint. It has a rounded end of one bone fit into the cavity (hollow space) of the other bone. It allows movement in all directions.

Example – Shoulder joints

- (b) Only the lower jaw in skull bone is movable.

- (c) Elbow joint is an example of hinge joint which allows only back and forth movements. Therefore, we cannot move our elbow backwards.