

The Skeletal System — Major Bones

Base Sheet

Activity Sheet

The child learns the names and locations of major bones in the human body using a model skeleton, body map, and hands-on exploration. They discover that bones provide structure, protection, and enable movement.

What You Need:

- Skeleton model, poster, or diagram
- Body map from Day 1
- Bone name labels
- Pencil
- Science journal
- White crayon or chalk (for drawing bones on body map)

Steps:

1. 'Your body has 206 bones! Today we learn the names of the most important ones.'
2. Present a skeleton model, poster, or printed diagram.
3. Introduce major bones with a three-period lesson:
 - Skull (cranium) — protects the brain
 - Spine (vertebrae) — supports the body, protects the spinal cord
 - Ribs — protect heart and lungs
 - Femur (thigh bone) — the longest bone
 - Humerus (upper arm) — 'it is a humorous name!'
 - Pelvis — connects upper and lower body
4. Feel each bone on your own body.
5. Label bones on the body map from Day 1.

Work Space:



