

# 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.' Present a skeleton model, poster, or printed diagram.
2. 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
3. Feel each bone on your own body.
4. Label bones on the body map from Day 1.

## Work Space:



