

1. Which is the longest bone in your body? Measure it with your scale.
2. Does the shoulder bone also move when you move your arm?
3. Do the bones of the upper jaw move?
4. Name various parts of skeletal system.
5. What is cartilage? Give one example.
6. At which point does the arm rotate?
7. Name the bones which protect the heart from all sides.
8. Keeping your arm straight, move it forwards and backwards, up and down. Can the arm move freely in all directions?
9. Why do animals move from one place to other?
10. Name the organs of locomotion of
  - (a) Man
  - (b) Birds
  - (c) Fish
11. Do the bones on top of the skull move?
12. What is the function of skeleton?
13. What is exoskeleton? Explain giving examples.
14. What is a bone joint? Describe various kinds of joints found in our body.
15. How can we get photograph of a bone? What is the use of such photographs?
16. Which important organ is fully protected inside the bones of the skull (head)?
17. Try to eat your food without moving the lower jaw. Do you find this difficult to do?
18. Draw a labeled diagram of a ball and socket joint.
19. Identify and label the different bones in the skeleton shown in the figure.
20. Write short notes on the following:
  - (a) Skull
  - (b) Chest bones
  - (c) Back bone
  - (d) Hip bone
  - (e) The shoulder bones
  - (f) Limb bones.
21. How incorrect sitting postures harm us? What are the correct sitting and standing postures?
22. What is dislocation and fracture of a bone? What precaution should we take when one gets a fracture?
23. What is a bone marrow? Give its main function.
24. Why bones in the foot are normally set in an arch? What is a flat-foot?
25. Do all animals have bones?
26. How a bone is formed? What kind of food should we take for proper growth and upkeep of bones?
27. Discuss the mechanism of bone movement. What is the role of muscles in the movement of bones?

**Gait of Animals:**

1. Describe the mechanism of swimming in fishes.
2. How the birds are adapted for flying?
3. Comment on the mode of locomotion in following animals:
  - (a) Snake
  - (b) Cockroach
  - (c) Snail
  - (d) Earthworm