



SHREE VASISHTHA VIDHYALAYA.

Science Worksheet 2024-25

Name: - _____

Std.: - V - _____

Roll No.: - _____

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Date: - _____

Ch-3 Bones and Muscles in our body

Q-1) Choose the correct option:

- Bony box which protects brain: Skull
a. Skull b. Spine c. Sternum d. Ribcage
- Which joint help us to nod our head? Pivot
a. Hinge socket b. Gliding c. Pivot d. ball and
- The bones in spine are called: vertebrae
a. Ribs b. Femur c. vertebrae d. Sternum
- Hip girdles provide support and mobility to our legs.
a. Shoulder b. Hip c. Backbone d. None of these
- The last two pairs of ribcage are known as floating ribs.
a. spine b. sternum c. radius d. floating
- The backbone protects the spinal cord.
a. brain b. heart c. spinal cord d. none of these
- The skull is made up of 22 bones.
a. 33 b. 14 c. 22 d. 8
- Which muscle type is found in food pipe?
a. Cardiac. b. Voluntary. c. Involuntary. d. None of these

Q-2) Fill in the blanks.

- White blood cell fight diseases.
- The muscle of heart is called cardiac muscles.
- Voluntary muscles move at our will.
- Involuntary muscles are not in our control.
- The human skeleton is made up of 206 bones.
- The socket in the skull for eyes is called orbit / eye socket
- The muscles on top of upper arm are called biceps.
- A joint is the place where two bones meet.
- There are four types of movables joint in our body.

Q-3) Name the following.

- Joint found in elbows, knees, toes and finger: Hinge joint
- This joint allows maximum movement: Ball and socket
- This joint is found in wrist, ankles and between the two vertebrae: Gliding joint
- These joints found in hip and shoulders: Ball and socket joints

Q-4) Match the following.

Column A	Column B	Answers
1. Human body	a. around 300 bones	1 - e
2. Skull	b. Spine	2 - d
3. Curved bones	c. Work automatically	3 - b
4. Backbone	d. 8 flat bones	4 - b
5. Involuntary muscles	e. about 650 muscles	5 - c

Q-5) State whether the following statements are True or False.

1. Backbone consist 33 small ring shaped bones.
2. All joints in the body allow movement
3. Hinge joint allows movement in all directions.
4. Human skeleton consists of five parts.
5. Muscles are of four types.
6. Vertebral column protects the brain.

(T)
(F)
(F)
(T)
(F)
(F)

Q-6) Think and write:

1. We can move our arms in circular motion but not our knees?

Because arms are connected to body by Ball and socket joint which allows circular motion but hinge joint in knee allows only one direction.

2. A rib injury has the potential to be fatal.

Because a sharp rib can pierce your heart or lungs causing serious complications.

3. What would happen if our backbone was a single long bone ~~a single long bone~~ instead of series of small bones?

We will not able to bend and twist our body.

Q-7) Give one word for the following.

1. Each small bone of the back bone.
2. Soft fatty substance found in the hollow bones.
3. The part of body where immovable joints are found.
4. The last two pairs of ribs that are not joined to sternum.
5. The sockets that protect eyes.
6. The system that protects the internal organs of body.

vertebra
Bone marrow
Skull
Floating ribs
orbit / eye socket
Skeletal system

Q-8) Read the following ~~statement~~ statements and choose the correct option

A) Statement 1- Hinge joint is found between the skull and the first two vertebrae of spine.

Statement 2- Ball and socket joints are found in the shoulder and hip joint.

- a) Both statements 1 and 2 are incorrect
- b) Statement 1 is correct but statement 2 is incorrect
- ✓ c) Statement 2 is correct but statement 1 is incorrect
- d) Both statements 1 and 2 are correct

B) Statement 1- Cardiac muscles are only muscles that are not attached to any bone.

Statement 2- Cardiac muscles starts working seven months before birth.

- a) Both statements 1 and 2 are incorrect
- b) Statement 1 is correct but statement 2 is incorrect
- c) Statement 2 is correct but statement 1 is incorrect
- ✓ d) Both statements 1 and 2 are correct

Q-9) Identify and label the type of joint in given diagram.

