

VASISHTHA GENESIS SCHOOL, BARDOLI

(Academic Session: 2025-26)

Date: _____ Class: II Div: A / B / C Roll No: _____ Sub: Science
Name: _____ Worksheet: 01, Answerkey

Ch-1. Bones and Muscles

➤ New Words

| | | | | | | | |
|---------|--------------|----------|-----------|-------|-------------|--------|----------|
| Bones | Underneath | Soft | Hard | Arm | Sense organ | Tongue | Skin |
| Support | Movement | Skeleton | Framework | Stiff | Upright | Elbow | Joint |
| Muscles | Sportsperson | Exercise | Jogging | Relax | Posture | Smart | Straight |

Q1. Fill in the blanks:

- Our body has 206 bones.
- A strong framework of bones is called the skeleton.
- Bones help us to move or bend our body.
- Correct posture gives a proper shape to our body.
- Babies are born with 300 bones.

Q2. Choose the correct option and answer the following questions:

- Our body has about _____ muscles.
(a) 206 [v] (b) 600 [] (c) 650 [] (d) 300 []
- _____ are hard and stiff.
(a) Bones [v] (b) Veins [] (c) Skeleton [] (d) Muscles []
- _____ lie just below the skin.
(a) Skeleton [] (b) Joint [] (c) Muscles [v] (d) legs []
- Which sense organ covers the bones and muscles?
(a) Eye [] (b) Ear [] (c) Skin [v] (d) Nose []


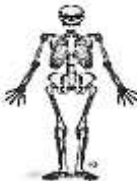

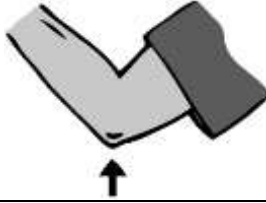

Q3. State whether the following statements are 'True' or 'False':

- i. We should exercises to make our muscles strong. **True**
- ii. We must always sit straight. **True**
- iii. Muscles are hard part of our body. **False**
- iv. We should sleep for 6-8 hours at night for proper rest. **True**
- v. Bones and muscles work as a team. **True**

Q4. Answer the following questions in one or two words:

- i. The way we sit, stand or walk.... Ans. **Posture**
- ii. The place where two or more bones meet.... Ans. **Joint**
- iii. The hard and stiff part of our body is called... Ans. **Bones**
- iv. What gives shape and support to our body? Ans. **Skeleton**
- v. They are under our skin... Ans. **Muscles**

Q5. Match the following pairs:

| Column 'A' | Ans | Column 'B' |
|--|------------------------|----------------|
| i.  | i) - <u>b</u> | a) Elbow Joint |
| ii.  | ii) - <u>c</u> | b) Muscles |
| iii.  | iii) - <u>e</u> | c) Skeleton |
| iv.  | iv) - <u>a</u> | d) Knee joint |
| v.  | v) - <u>d</u> | e) Posture |

Q6. Answer the following questions in short:

i. How do bones and muscles help us?

Ans. Bones support the body and help us to stand upright. Muscles are attached to the bones and help us to move.

Ans. _____

ii. What is a Skeleton?

Ans. The strong framework of bones is called the skeleton.

Ans. _____

iii. What is the importance of Skeleton?

Ans. The skeleton gives shape and support to our body. It helps us to stand and sit upright.

Ans. _____

iv. What is Posture? How does correct posture helps us?

Ans. The way we sit, stand, walk and move is called posture. A correct posture gives proper shape to our body and makes us look smart and healthy.

Ans. _____

