

VASISHTHA GENESIS SCHOOL, BARDOLI

(Academic Session: 2023-24)

Date: _____ Class: 2 Div: A/B/C Roll No: _____ Sub: Science
Name: _____ Ch.1-Worksheet: 1

Ch-1.Bones and Muscles

• New Words

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

Q1. Fill in the blanks:

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

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

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

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

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

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

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

Q5. Answer the following questions in short:

i. How do bones and muscles help us?

Ans. Bones form a skeleton framework. They 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. The skeleton system has 206 bones of different shape and size.

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.




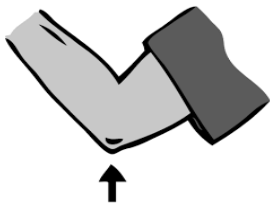
Ans. _____

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

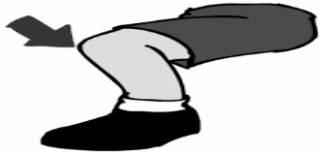
Ans. The way we sit, stand, walk and move is called posture. A Correct posture gives proper shape to our body and makes us look smart and healthy.

Ans. _____

Q.6. Match the following pairs:

Column 'A'	Answer	Column 'B'
i. 	i-	a. Elbow Joint
ii. 	ii-	b. Muscles
iii. 	iii-	c. Skeleton
iv. 	iv-	d. Knee joint

v.



v-

e. Posture