

SHREE VASISHTHA VIDHYALAYA

Science Worksheet 2025-26

Name :- _____
Roll No :- _____

Std.: - V - _____
Date : - _____

Worksheet - CA-3

Chapter No.3 Bones and muscles in our body & ch-4 The nervous system

Q-1) Choose the correct option

- 1) How many bones of our skull are movable
a) 1 ✓ b) 14 c) 22
- 2) What is the control center of the nervous system?
a) Heart ✓ b) Brain c) Lungs
- 3) Which part of the brain helps you balance and move smoothly?
a) Cerebrum b) Medulla ✓ c) Cerebellum
- 4) What protects the brain?
a) Skin ✓ b) Skull c) Spine
- 5) What helps you feel things like hot or cold?
a) Blood ✓ b) Nerves c) Muscles
- 6) How do messages travel in the nervous system?
a) Through water b) Through bones ✓ c) Through nerves
- 7) Which part of the body is made up of vertebrae?
a) Leg ✓ b) Arm c) Spine
- 8) How many bones are there in an adult human body?
a) 206 ✓ b) 210 c) 150
- 9) What connects muscles to bones?
a) Veins ✓ b) Tendons c) Cartilage
- 10) What do we call the place where two bones meet?
a) Joint ✓ b) Muscles c) Ligament

Q-2) Fill in the blank.

- 1) The bulb shaped medulla connect the brain to the spinal cord.
- 2) The brain needs a continuous supply of blood and oxygen.
- 3) The ribs that are not attached to breastbone / sternum are called floating ribs.
- 4) The part of the brain which help us to think is called cerebrum.
- 5) Breathing and controlling blood pressure are called involuntary actions.

Q-3) State True or False

- 1) The longest bone in the body is the femur. T
- 2) Bones are held together at the joint with the help of ligaments. T
- 3) Muscles always work in pairs. T
- 4) The maximum movement of bones occur in a ball and socket joint. T
- 5) All ribs are joined to the backbone and the breastbones. F

Q-4) Match the following.

(A)

- 1) Skull
- 2) Tendons
- 3) Joint
- 4) Muscles
- 5) Bones
- 6) Spinal cord
- 7) Reflex

(B)

- a) connect muscles to bones
- b) Bones that protect the brain
- c) help us to move
- d) hard parts that support the body
- e) Places where two bones meet
- f) send messages between brain and body
- g) Helps you react quickly

Ans:-

- 1- b
- 2- a
- 3- e
- 4- c
- 5- d
- 6- f
- 7- g

Q-5) Answer in one word

- 1) Longest breast bone
- 2) The framework of bones in the body
- 3) Connect the brain to the spinal cord
- 4) The coloured circle in the eye
- 5) The sense organ of touch

sternum

skeleton

Medulla

iris

skin

Q-6) Give one example

- 1) Hinge joint
- 2) One nerve
- 3) Limbs
- 4) Mineral that keep bones strong
- 5) Ball and socket joint
- 6) Gliding joint

knee / elbow

sensory / motor

fore / hind

Calcium

Hip / shoulder

wrist / ankle

Q-7) Look at the picture and answer the following questions.

- 1) Why is it important for the child to have strong bones and muscles for this activity?

The child needs strong bones and muscles for strength, movement and balance.

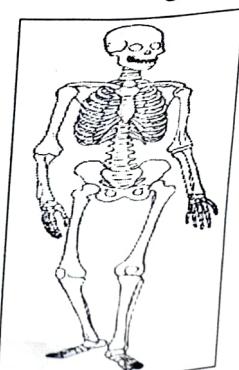


- 2) What are some other activities that require the use of bones and muscles working together?"

To run, kick and play activity

- 1) What are the two main parts of the skeleton?

Skull and backbone

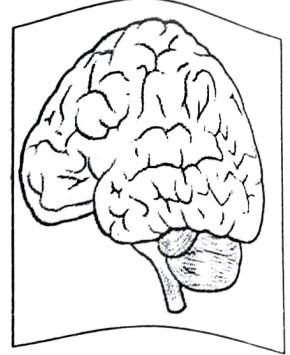


- 2) Write any two major bones in the human body?

Femur, humerus

1) Name the three main parts of the brain from the picture.

Cerebrum, Cerebellum, Medulla



2) What does the cerebrum help us do?

~~It help us to think, remember, learn and make decision~~

Q-8) Read the following two statements and choose the correct option.

(A)

1. The sense organ sends the message to the brain.

2. The brain controls all the functions and movements of our body. ~~3.3~~

~~a) Both statement 1 and 2 are correct~~

b) Statement 1 is correct but 2 is incorrect

c) Statement 1 is incorrect but statement 2 is correct

d) Both statement 1 and 2 are incorrect

(B)

1. The skeleton consists of a framework of bones.

2. Skeletal system do not give shape and support to our body.

a) Both statement 1 and 2 are correct

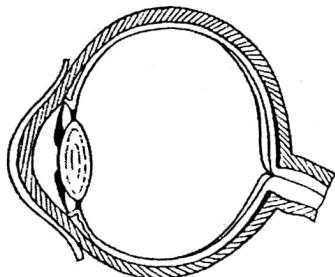
~~b) Statement 1 is correct but 2 is incorrect~~

c) Statement 1 is incorrect but statement 2 is correct

d) Both statement 1 and 2 are incorrect

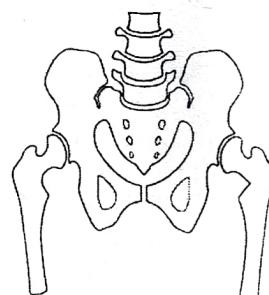
Q-9) Identify the pictures and write its name.

1)



Eye

2)



Hipbone/ pelvis

3)



Knee joint/ Hinge joint