# Skeletal System pg. 474

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| What does the skeletal system do? What are 5 skeletal functions? What is your vertebra?How are movable joints held together?What are the two types of bone marrow?What is bone marrow?What do joints allow you to do?What is a ligament?What does a hinge joint allow you to do?What does a ball and socket joint allow you to do?What does a pivot joint allow you to do?What does a gliding joint allow you to do?What is a bone?What is the structure of bone?What is the difference between red and yellow bone marrow?Why is bone strong?When do bones grow?How does bone develop over time?How do you take care of bones? | The skeletal system protects our organs and helps us stand up1. Provides shape and support2. Enables you to move3. Protects organs 4. Produces blood cells5. Stores minerals and other materials until your body needs themIt’s a backbone They are held together by ligamentsThe two types of bone marrow are yellow and redBone marrow is a soft connective tissueJoints allow bones to move in different waysLigaments are connective tissue that holds bones togetherIt allows forward and backward motionBall and socket joints allow the great range of motionA pivot joint allows one bone to rotate around anotherA gliding joint allows one bone to slide over one anotherA bone is a complex living structure that undergoes growth and developmentBeneath the bone’s outer membrane is hard and dense compact bone. Inside the compact bone is spongy bone. Inside spongy bone is marrow.Red marrow produces blood cells. Yellow bone stores fat and can serve as an energy reserve.Bone is strong because it is made of minerals like phosphorus and calcium that are packed tightly togetherBones are alive, so they grow when you do.Over time, most of the cartilage is replaced by boneA combination of a balanced diet and regular exercise are important for healthy bones. |

Summary: