# 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 up  1. Provides shape and support  2. Enables you to move  3. Protects organs  4. Produces blood cells  5. Stores minerals and other materials until your body needs them  It’s a backbone  They are held together by ligaments  The two types of bone marrow are yellow and red  Bone marrow is a soft connective tissue  Joints allow bones to move in different ways  Ligaments are connective tissue that holds bones together  It allows forward and backward motion  Ball and socket joints allow the great range of motion  A pivot joint allows one bone to rotate around another  A gliding joint allows one bone to slide over one another  A bone is a complex living structure that undergoes growth and development  Beneath 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 together  Bones are alive, so they grow when you do.  Over time, most of the cartilage is replaced by bone  A combination of a balanced diet and regular exercise are important for healthy bones. |

Summary: