

The Human Body #5: Movement (Grades 3-5)

1. What path does a signal follow to produce movement?

- a. Brain -> Muscle -> Motor Nerve -> Spinal Cord
- b. Muscle -> Motor Nerve -> Spinal Cord -> Brain
- c. Brain -> Spinal Cord -> Motor Nerve -> Muscle
- d. Brain -> Motor Nerve -> Spinal Cord -> Muscle

2. _____ and synovial fluid allow joints to move smoothly.

- a. Cartilage
- b. Muscle
- c. Nerves
- d. Skin

3. What are the 3 main parts of skeletal muscle?

4. Which of the following is NOT one of the five types of bones?

- a. Long
- b. Irregular
- c. Short
- d. Round
- e. Sesamoid
- f. Flat

5. Ligaments are the connective tissue that connect bones to_____.

- g. Muscles
- h. Bones
- i. Skin
- j. Nerves

6. Name one activity that you do that requires coordination of bones, joints, muscles, and nerves.
