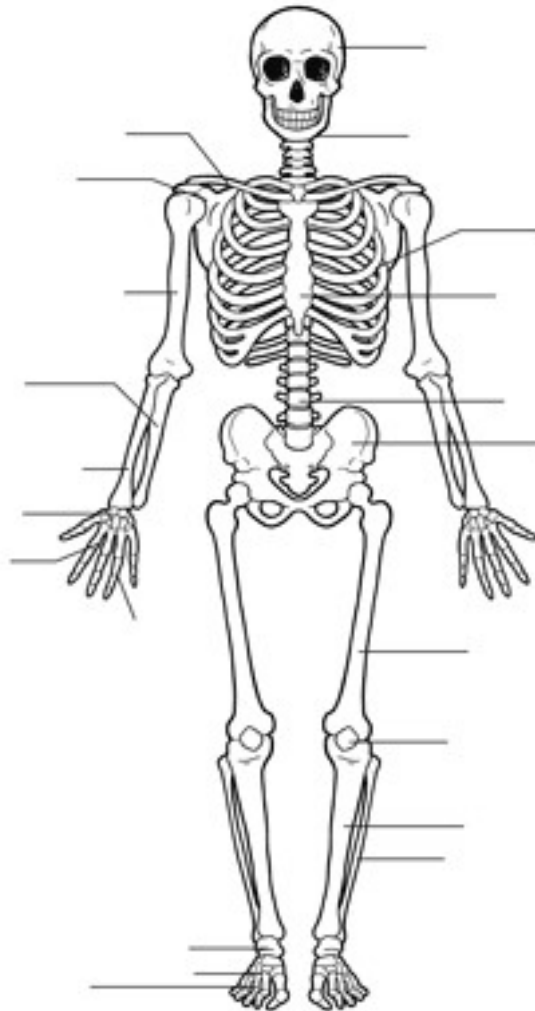


Bones of of the skeletal system

- Know the following bones: cranium, clavicle, ribs, sternum, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, pelvis, vertebral column (cervical, thoracic, lumbar, sacrum, coccyx), femur, patella, tibia, fibula, tarsals, metatarsals.

Task 1 - Label the skeleton using the list of bones above. Use the internet to help.



Task 2 – Write the correct anatomical name in each box. The first one has been done for you as an example.

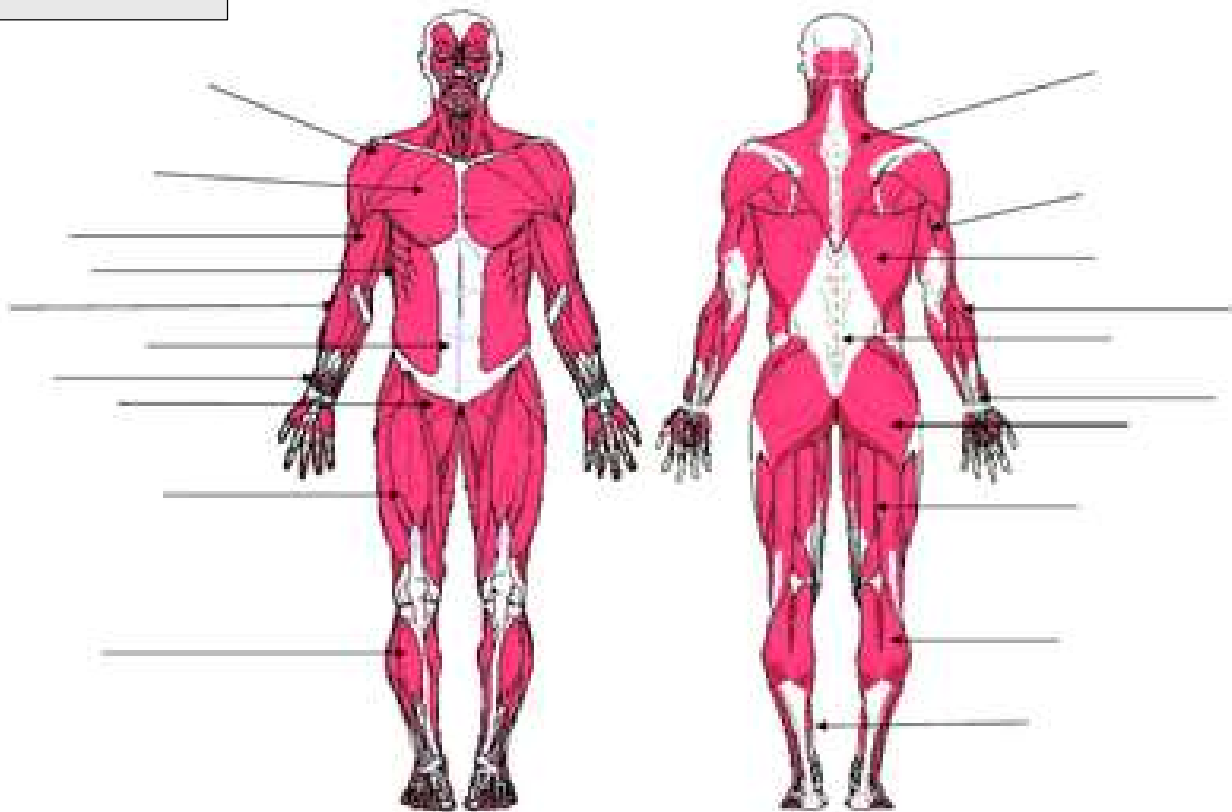
Bone	Anatomical name	Bone	Anatomical name
Skull	Cranium	Pelvic bones	
Shoulder blade		Thigh bone	
Collar bone		Calf bone	
Breastbone		Shinbone	
Upper arm bone		Ankle bones	
Small forearm bone		Foot bones	
Larger forearm bone		Toes	
Wrist bones			
Hand bones			
Fingers			

Muscular system

- Know the following muscles: Deltoids, biceps, triceps, wrist flexors, wrist extensors, supinators and pronators, pectorals, abdominals, obliques, quadriceps, hip flexors, tibialis anterior, erector spinae, trapezius, latissimus dorsi, gluteals, hamstrings, gastrocnemius, soleus.

Task 3 - Label the muscular system using the list of muscles above. Use the internet to help.

Major muscles of the human body



Task 4 - Using your diagram, identify which muscles belong in which region of the body.

Arms	Legs	Trunk (<i>chest, abdomen, pelvis, back and buttocks</i>)
- Wrist flexors	- Quadriceps	- Obliques
-	-	-
-	-	-
-	-	-
-	-	-
-		-
-		-