

This week we are learning about bones, muscles and body parts. Let's see how much you know about the human body. Below are some facts about different parts of the body. See if you can match each fact to the picture of the body part that it is about. One has been done for you!

This is the biggest muscle in your body, you also sit on it!

This part of the body is made up of 12 pairs of bones. It also protects our heart and our lungs!

This bone is made up of 33 smaller bones called vertebrae.

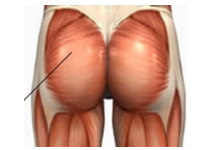
This is the longest and strongest bone in your body!

This body part is made up of four muscles grouped together. The name might give you a clue!

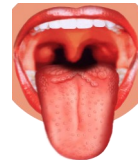
This is the strongest muscle in your body. You use it for talking and eating!



Thigh bone/Femur



Gluteus Maximus



Tongue



Ribcage



Quadriceps



Spinal Cord

This week's challenges are...



Rocky

Physical Activity Challenge: Do 30 mins of activities before and/or after school

Rocky's Top-tip: Break up your activities and fit in your day



Rue

Nutrition Challenge: Eat spinach with your meals or as part of a snack

Rue's Top-tip: Try eating it raw in salads or adding to sauces to eat with pasta.

We look forward to hearing how you get on!