



Skull and Jaw

There are 29 bones altogether in the skull and jaw. They make a box to protect the brain, eyes and ears.

Ribcage

This protects the heart and lungs. There are 24 curved bones, and the sternum runs down the middle.

Humerus

This is the bone in your upper arm. It is a long bone and goes between your shoulder and elbow joints.

Radius and Ulna

These are the bones in your lower arm. The radius is on the thumb side of your arm. The two bones swivel over each other when you twist your wrist.

Hand Bones

There are lots of bones in your hands. There are bones in your wrist (carpals), palms (metacarpals) and fingers (phalanges).

Spine

Your spine is made up of 24 individual small bones (called vertebrae). Your spine supports your head and body. Each of the vertebrae is linked by small joints which can only move a little. Lots of small movements add up and let your spine bend a lot.

Clavicle

This is the collar bone, and joins the sternum to the shoulder.

Scapula

This is also known as the shoulder-blade.

Pelvis

Your pelvis is shaped like a bowl. It holds all of the organs in the lower part of the body.

Femur

The femur is the thigh bone. It is the longest bone in the body and is one of the strongest. It helps to support your weight when you stand.

Patella

This is the bone in your kneecap.

Tibia and Fibula

These bones are both in your lower leg. The tibia is the thicker shin bone, and the fibula is the slimmer bone. They both hold the lower leg muscles in place.

Foot bones

There are 26 bones in your foot. They can make an arch shape to support your body when you stand up.