



THE SKELETON

The bones inside your body are joined together. This is called the skeleton. Your skeleton does three things:

Protection

The skeleton protects the important organs inside your body.

Support

It also helps you to stand up and holds your body parts in place.

Movement

Your body can bend because parts of the skeleton are jointed. Your muscles are also joined to the bones.

There are 206 bones in an adult human skeleton. Children are actually born with about 300 bones but many fuse together as they grow up.