

## 4<sup>th</sup> Grade Study Guide

There are 206 bones in the body

The exercise that is best for the bones is Weight Lifting

Why do we have bones?

They give us a shape

They help us move

They protect our organs

Three things that are important to keep our bones healthy

Calcium

Sun (Vitamin D)

Weight Lifting

Need to be able to label all 16 bones on the skeleton

The knee joint connects the Femur, Fibula, and Tibia

The Elbow joint connect the Humerus, Ulna, and Radius

