**Science Vocabulary**

**cartilage** The rubbery, flexible material that sometimes connects bones and provides shape for some body parts, including the nose and ears.

**coordination** When different parts of the human body work together to complete a task.

**force** A push or a pull on an object.

**gravity** The force of Earth pulling on an object downward toward Earth's center.

**joints** Where bones come together and allows for specialized movement; Most joints provide movement, however some are fixed and do not move.

**movement** Bones that help us walk, touch, and turn

**protection** Bones that guard other body parts; the condition of being protected; to protect from damage or injury.

**skeleton** Our whole system of bones

**support** Bones that hold us up

**opposable thumb** Positioned opposite the other fingers, providing the ability to touch finger tips to thumb.

**ball-and-socket joint** Where two bones meet and movement is a rotation; moves three ways: up and down, front to back, and can rotate. [only at the shoulders and hips]

**gliding joints** Where two bones meet, allowing limited movement in two directions, but does not rotate. [all other joints]

**hinge joint** Where two bones meet and allows movement in one direction (back and forth only); moves like a gate or door hinge [knees, elbows, and the end two joints of each finger and thumb]

**ligament** The tissue that connects bone to bone, or bone to cartilage and supports and strengthens joints. Ligaments often guide the placement of tendons.

**muscle** Tissue that can contract, resulting in the movement of bones.

**tendon** A ropelike tissue that connects muscle to bone.

**tissue** A group of cells that look and act the same. It forms bodybuilding materials such as muscle, tendon, ligament, bone, nerve, and fat.

**contract** To become smaller or shorter in size

**biceps** powerful muscle located on top of the upper arm bone (humerus)

**triceps** powerful muscle located under the upper arm bone (humerus) that acts in opposition to the biceps

**skin** The thin layer of tissue forming the natural outer covering of the body of a person or animal.