# Movement

Organisms 3.8.1 | Part 1, usually Year 7 | 20 quick questions

**KS3 science quick questions**

Answer online, marked instantly

Activate 1: Structure and function of body systems | Exploring Science 7C

**Name:** _____ **Date:** _____ **Score:** _____ **/ 20**

**1** What is the name for the frame of bones inside your body?

**2** Your skull keeps your brain safe if you bump your head. Which job of the skeleton is this? Answer in one word.

**3** Your skeleton holds you upright and gives your body its shape. Which job of the skeleton is this? Answer in one word.

**4** Which soft tissue inside some large bones makes new blood cells?

**5** Name the bone in your upper leg. It is the longest bone in the body.

**6** Which bones form a cage that protects the heart and lungs?

**7** What is the name for the place where two bones meet?

**8** Which smooth, slippery tissue covers the ends of bones at a joint so they do not rub?

**9** Which tough, stretchy tissue joins one bone to another bone at a joint?

**10** Which tough cord joins a muscle to a bone?

**11** A muscle gets shorter and fatter when it pulls on a bone. What is the word for this? Answer in one word.

**12** Muscles that work in pairs, where one pulls while the other relaxes, are called what kind of muscles?

**13** You lift a bag of shopping by bending your arm. Which muscle at the front of your upper arm contracts?


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**14** You straighten your arm to push a door shut. Which muscle at the back of your upper arm contracts?

**15** Your knee can bend backwards and forwards like a door. What type of joint is it?

## Year 9 stretch

**16** When you straighten your leg to kick a ball, the muscle at the front of the thigh contracts. What does the muscle at the back of the thigh do? Answer in one word.

**17** A muscle pulls with a force of 300 N at a distance of 0.05 m from a joint. Work out the moment using moment = force × distance. Give your answer in Nm.

**18** A muscle must make a moment of 20 Nm about the elbow. It is attached 0.04 m from the elbow. What force must the muscle pull with? Give your answer in N.

**19** The tendon that joins the calf muscle to the heel bone snaps. The calf muscle still contracts. Does the foot move? Answer yes or no.

**20** Explain why muscles have to work in pairs to move a bone back and forth.


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