

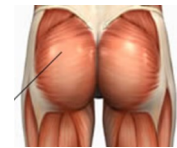
This week we are learning about bones, muscles and body parts. Let's see how much you know about the human body. Below are some facts about different parts of the body. See if you can match each fact to the picture of the body part that it is about. One has been done for you!

This is the biggest muscle in your body, you also sit on it!



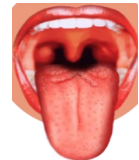
Thigh bone/Femur

This part of the body is made up of 12 pairs of bones. It also protects our heart and our lungs!



Gluteus Maximus

This bone is made up of 33 smaller bones called vertebrae.



Tongue

This is the longest and strongest bone in your body!



Ribcage

This body part is made up of four muscles grouped together. The name might give you a clue!



Quadriceps

This is the strongest muscle in your body. You use it for talking and eating!



Spinal Cord

This week's challenges are...



Physical Activity Challenge

Learn 3 different muscles and 5 different bones of the body

Rocky's Top-tip: Have a look at a skeleton to help you remember

Nutrition Challenge

Swap a MEND unfriendly snack with a MEND friendly snack

Rue's Top-tip: Choose your favourite fruits as a replacement



We look forward to hearing how you get on!