

Grade 6 Body Movements Worksheets

A. Fill in the Blanks:

1. Joints of the bones help in the of the body.
2. A combination of bones and cartilages forms the of the body.
3. The bones at the elbow are joined by a joint.
4. The contraction of the pulls the bones during movement.
5. Each finger of our hand has bones.

B. State True or False:

1. The movement and locomotion of all animals is exactly the same.
2. The cartilages are harder than bones.
3. The finger bones do not have joints.
4. The forearm has two bones.
5. Cockroach have an outer skeleton.

C. Match the items in column 'A' with one or more items of column 'B':

Column 'A'	Column 'B'
1. Upper jaw	a. have fins on the body
2. Fish	b. has an outer skeleton
3. Ribs	c. can fly in the air
4. Snail	d. is an immovable joint
5. Cockroach	e. protect the heart
	f. shows very slow movement
	g. have a streamlined body

D. Answer the following questions in short:

1. What is a ball-and-socket joint?
2. Which of the skull bones are movable?
3. Why can our elbow not move backwards?
4. What is a joint?
5. How does a snail move?
6. Describe the movement in earthworm.
7. Why do we need a skeletal system? Describe its functions.
8. Plants cannot show movements from places to places. Which movements do they show?
9. What would have happened if backbone had only one long bone instead of many vertebrae?

E. Tick (✓) the Correct Option:

1. The name of the bone present in forearm is:
(a) tibia
(b) ulna
(c) ligament
(d) cranium
2. join two bones.
(a) Tendon
(b) Ligament
(c) Cranium
(d) Humerus
3. Which of these is a ball-and-socket joint?
(a) Elbow
(b) Ankle
(c) Neck
(d) Shoulder
4. The joints of the hip bones are:
(a) fixed joints
(b) freely moving joints
(c) hinge joints
(d) gliding joints
5. Which of the following animals has an exoskeleton?
(a) Bird
(b) Cockroach
(c) Fish
(d) Man

F. Give one word for the following:

1. An organ protected by the ribcage.
2. The type of joint found in knees.
3. Hard covering of the brain.
4. The long bony structure that is located along the back of our body.
.....
5. Types of muscles present in a cockroach help in walking and flying.
.....

G. Read the following paragraph and fill in the blanks using the appropriate words given in the box:

bones, movement, contraction, muscles, cartilage, shape, internal organs, relaxation, joints

Our body is made up of many, and
They provide the framework, give to the body and help in
..... . They protect the The bones are moved by alternate
..... and of two sets of attached to them.

H. Match the following types of joint with the place they are found and the movement they perform:

Type	Place where found	Movement
1. Ball and socket joint	I. 	(i) Back and forth
2. Hinge joint	II. 	(ii) No movement
3. Fixed joint	III. 	(iii) All directions

I. Complete the Table given below:

Animal	Body part used for moving from place to place	How does the animal move?
Cow	Legs	Walk
Humans		
Snake	Whole body	Slither
Bird		
Insect		
Fish		

J. Try to move the various parts of your body and record their movements in the given Table:

Body part	Movement				
	Rotates completely	Rotates partly/turns	Bends	Lifts	Does not move at all
Neck		Yes			
Wrist					
Finger					
Knee					
Ankle					
Toe					
Back					
Head					
Elbow					
Arm	Yes				