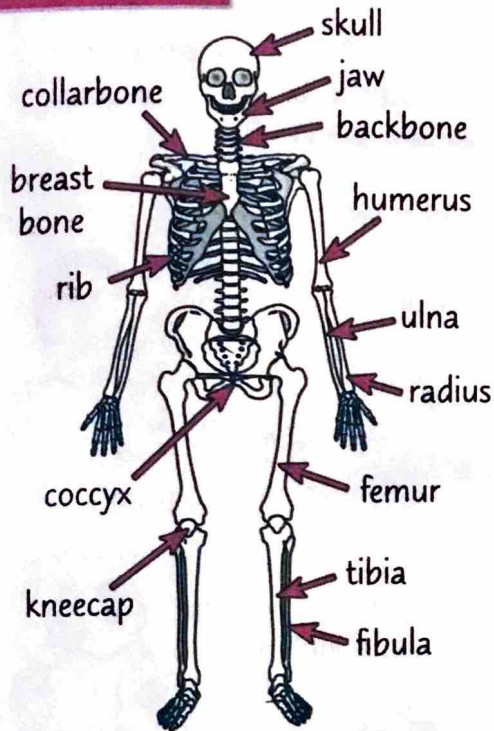


The Skeleton and Muscles

The Skeleton



Four Functions of the Skeleton



1 **Protection of organs** — e.g. the skull protects the brain.



2 **Support of all the body's soft tissues** — this allows us to stand up.



3 **Making blood cells** — bone marrow makes red and white blood cells.

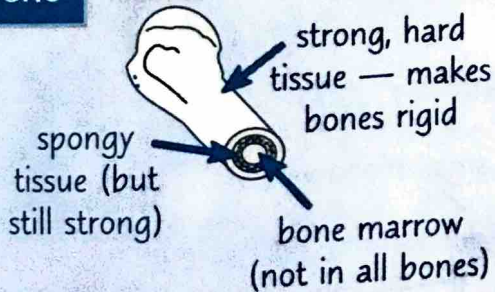


4 **Movement** — muscles and joints allow the skeleton to move.



You can use your knowledge of moments to work out the force applied by a muscle (the joint is the pivot). (see p.46)

Bone



Antagonistic Muscles

ANTAGONISTIC MUSCLES — pairs of muscles that work against each other, e.g. the biceps and triceps.

