

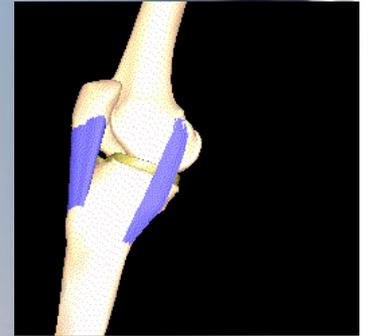
WALT – understand that we have **different types** of **joints** in our bodies which help us to move.

How will we learn this?

We will look at the different types of joints and understand examples of them.

We will then write about what we have learnt.

Questions to think about:



Q: What do you think a joint is?

A: A joint is where two bones meet. It can be movable or fixed.

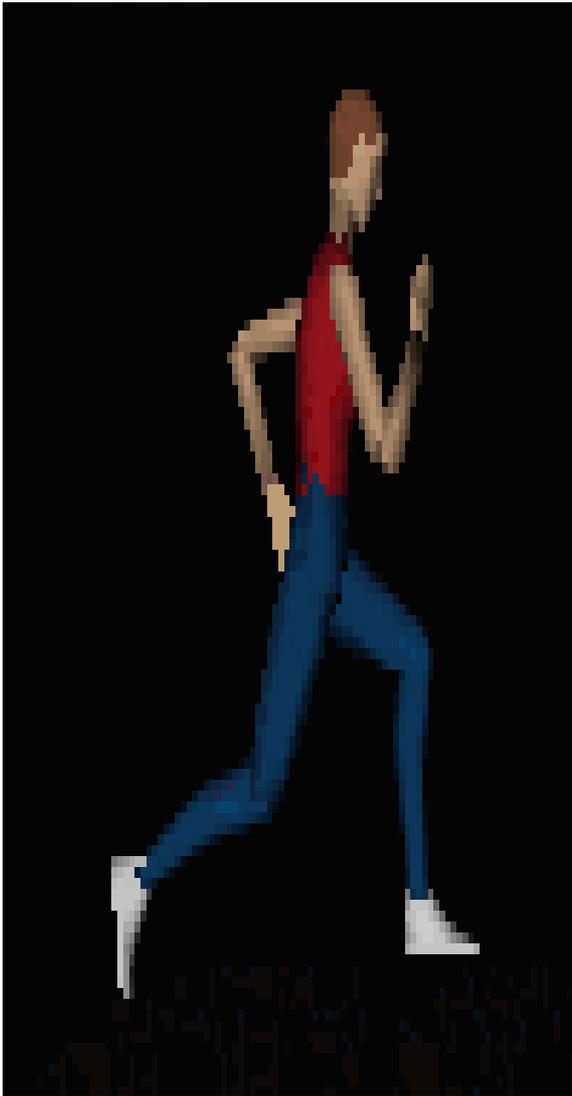
Q: Why do you think we have joints?

A: If we did not have joints we would find simple tasks like eating very difficult. Any movement needing bending would be impossible!!!!

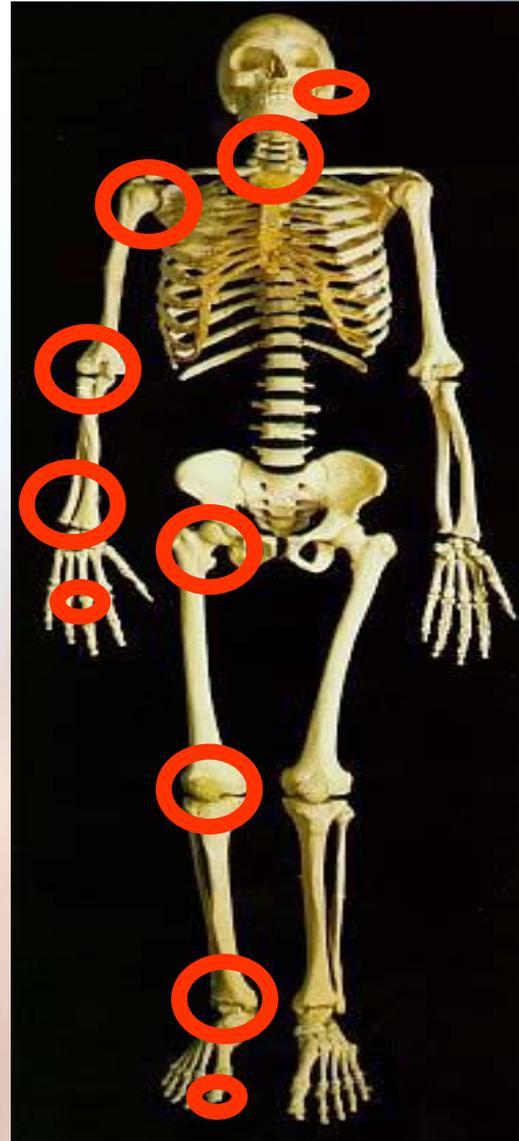


Can you think of two points in your arm where we have joints?

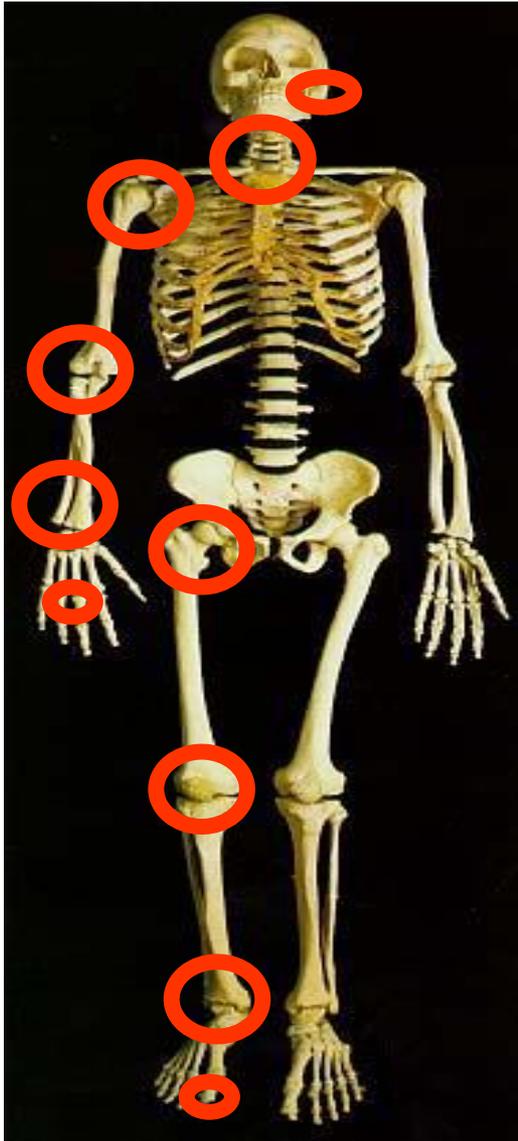
Where in our body do we find movable joints?



Did you
locate
the joints
in our
body
correctly?



Do you think that these joints all work in the same way?



We actually have three main types of **movable** joints:

1) A **hinge** joint

2) A **ball and socket** joint

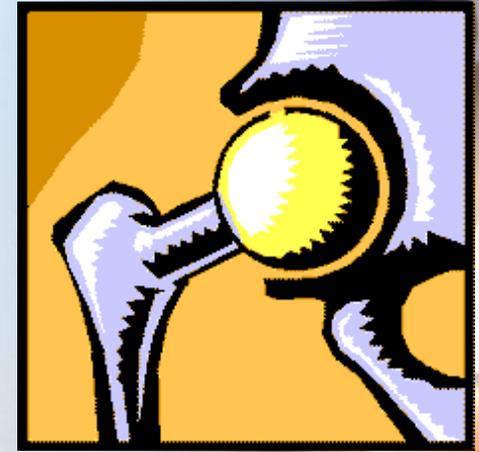
3) A **gliding** joint

Hinge joint



Your toes use **hinge joints** (back-and-forth movements like hinges on a door). **Elbows**, **knees** and **fingers** also have these types of joints. Hinge joints are classified as a **movable joint**.

Ball and socket joint



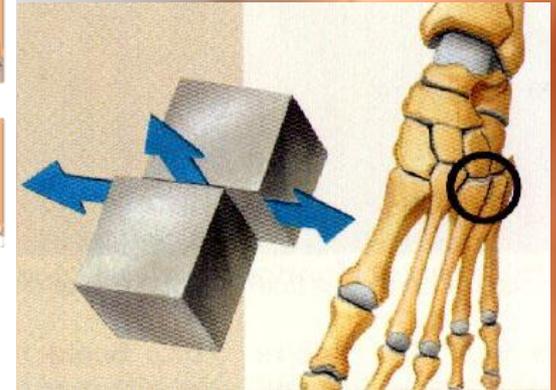
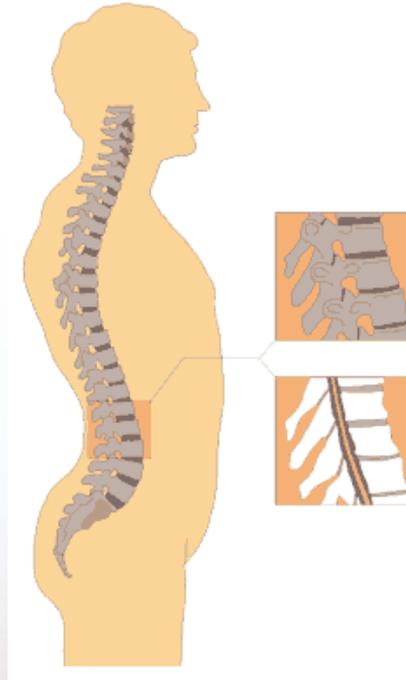
The **hips** and **shoulders** contain **ball-and-socket joints**

In a ball-and-socket joint, one bone has a rounded end that fits into a cuplike cavity on another bone. This provides a wider range of movement. Thus, your hips and shoulders can swing in almost **any direction**.

How flexible are we...Who can do the splits!?



Gliding joint



The joints between the **vertebrae** are called **gliding joints**, where one part of a bone slides over another bone.

Types of joints

Hinge joint

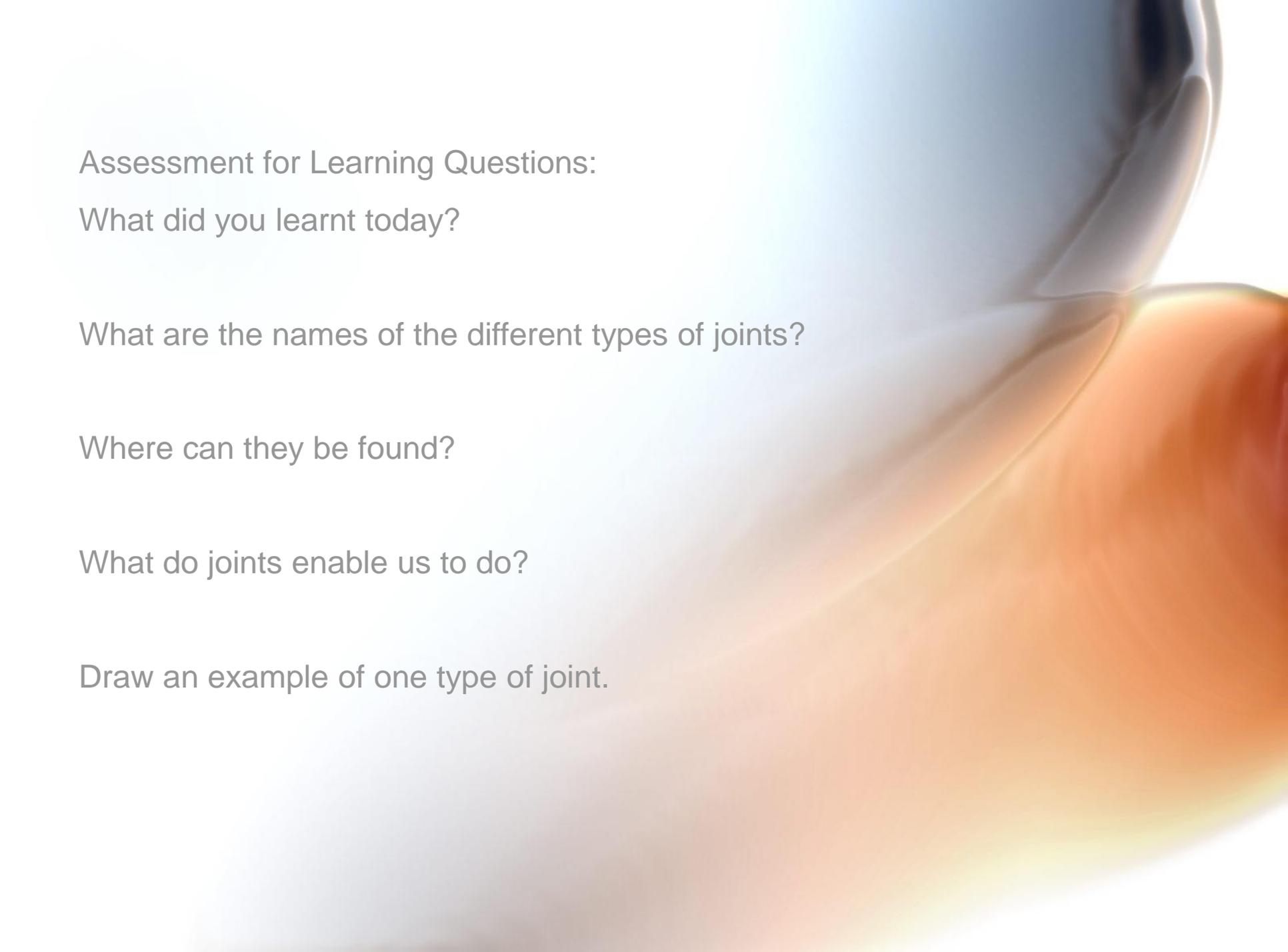
elbows, fingers, knee

Ball and socket joint

shoulder, hip

Gliding joint

back bone, finger base



Assessment for Learning Questions:

What did you learnt today?

What are the names of the different types of joints?

Where can they be found?

What do joints enable us to do?

Draw an example of one type of joint.

