



Function on the skeleton (1)		
	Function	Example
1	Protection	The cranium and ribs protect the brain and vital organs in the chest.
2	Shape	Gives shape to the body and makes you tall or short.
3	Support	Holds your vital organs in place when playing sport. The vertebral column holds the body upright.
4	Movement	Muscles are attached to bones, which are jointed. When the muscles contract the bones move .
5	Blood production	Red blood cells (to carry oxygen) and white blood cells (to protect against infection) are produced in the bone marrow of some bones.

Types of Bone (2)			
	Type	Example	Function in Sport
1	Long	Femur	Movement - to generate speed and strength
2	Short	Carpals	Shock absorption - to spread the load
3	Flat	Sternum	Protection of vital organs and the attachment of muscles
4	Irregular	Vertebrae	To provide shape and protection

Types of Bone (2)



