

**KNOWLEDGE ORGANISER**  
**BIG IDEA: ORGANISMS**  
**TOPIC: MOVEMENT**

Key Word	Definition
Joints	Places where bones meet.
Bone Marrow	Tissue found inside some bones where new blood cells are made.
Ligaments	Connect bone to joins.
Tendons	Connect muscles to bone.
Cartilage	Smooth tissue found at the end of bones, which reduces friction between them.
Antagonistic muscle pair	Muscles working in unison to create movement. Muscles cannot push they can only pull so at each joint muscles work together to cause movement. For example to ben your arm the bicep muscle contracts while the tricep muscle relaxes.

Function of the skeleton	Description
Support	Holds vital organs in place, bones are very strong and without them we would be floppy.
Protection	Bones are hard and strong so they protect vital organs like the brain, heart, lungs and backbone.
Movement	Muscles are attached to your bones. If a muscle pulls on a bone it will cause that bone to move.
Making blood cells	Some of your bones, such as the ones in your arm and leg have soft bone marrow in the middle of them. The bone marrow produces red and white blood cells.

