

7CP Science Bones Project

Name _____

Subject _____ Date: _____

Directions: Demonstrate how the skeletal system is the supporting, protective framework using the Notability App. Using a photo of yourself, family or friends, **you will label the bones and at least 2 joints**. You will **narrate a 60 second clip** to describe the difference between joints and ligaments and the 5 functions of the skeletal system. Be CREATIVE!

Notability App: Download the app from Self-service.

Building the skeleton:

- ✓ Take a great photo of yourself, friends, or family in action doing their fun favorite thing! (cooking, playing basketball, doing yoga, riding a bike, playing piano...be creative).
- ✓ Find a skeleton template from Google images.
- ✓ Upload your photo to Notability.
- ✓ Build your skeleton by adding the “cut outs” OR Draw over to your photo. Do not cover your cranium!
- ✓ Label each bone according to the full listing provided on the checklist/rubric (see reverse side).
- ✓ Label 2 different movable joints by their proper name. eg- pivot, hinge...

Description of Activity: **Less than 60 Seconds- narration**

- ✓ Using the record icon in Notability, describe how movement in the photo is made possible by **defining two movable joints** visible in the image. (ie a ball and socket joint at should, hinge joint at the knee, or an ellipsoidal joint)
- ✓ Explain the **difference between ligaments and tendons** that enables movement of the bones.
- ✓ Describe the *contraction and extension* (shortened vs lengthened) of the muscles that would cause the movement (HINT: muscles work in pairs!).
- ✓ **SAVE** your finished work if it is the quality work you want to share for a grade.

Name(s) _____

Due Dates: _____

Notability Skeleton Project Checklist

LABELING:

- _____/ 50 PTs Proper bone names; **No** common names (deduction 1 pt each)

Cranium	Scapula	Radius	Pelvis	Fibula	Patella	Manubrium
Mandible	Ribs	Metacarpals	Sacrum	Tarsals	Coccyx	Phalanges (toes)
Clavicle	Humerus	Carpals	Femur	Metatarsals	Maxilla	
Sternum	Ulna	Phalanges(fingers)		Tibia	Vertebral column	

DESCRIPTION of ACTIVITY

- _____/ 5 PTs Selects and describes 2 specific joints (ball and socket, pivot, gliding, hinge, etc..)
- _____/ 5 PTs Includes ligament definition
- _____/ 5 PTs Includes tendon definition
- _____/ 10 PTS: Describe flexion and extension of muscle (contraction & extension)
- _____/ 25 PTS for Creativity:
 - Clear photo image
 - Interesting action or background
 - Neatness of skeletal clip art
 - Articulate narration
 - Video length is within 60 seconds