

# NCERT solution for Body Movements

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## Question 1

Fill in the blanks:

- (a) Joints of the bones help in the \_\_\_\_\_ of the body.
- (b) A combination of bones and cartilages forms the \_\_\_\_\_ of the body.
- (c) The bones at the elbow are joined by a \_\_\_\_\_ joint.
- (d) The contraction of the \_\_\_\_\_ pulls the bones during movement.

## Answer:

- a) movement
- b) skeleton
- c) hinge
- d) muscle

## Question 2

Indicate true (T) and false (F) among the following sentences.

- (a) The movement and locomotion of all animals is exactly the same.
- (b) The cartilages are harder than bones.
- (c) The finger bones do not have joints.
- (d) The fore arm has two bones.

(e) Cockroaches have an outer skeleton.

**Answer:**

- a) False
- b) False
- c) False
- d) True
- e) True

### Question 3

Match the items in Column I with one or more items of Column II.

Column I	Column II
Upper jaw	have fins on the body
Fish	has an outer skeleton
Ribs	can fly in the air
Snail	is an immovable joint
Cockroach	protect the heart
	shows very slow movement
	have a streamlined body

**Answer:**

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Upper jaw	is an immovable joint
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#### Question 4

Answer the following

- What is a ball and socket joint?
- Which of the skull bones are movable?
- Why can our elbow not move backwards?

#### Answer

<b>a)</b>	A ball and socket joint is a moveable joint. The rounded end of one bone fit into the cavity (hollow space) of the other bone. It allows movement in all directions. Example: shoulder joints.
<b>b)</b>	Only the lower jaw in skull bones is movable.
<b>c)</b>	Elbow joint is an example of hinge joint which allows movement back and forth. Therefore, we cannot move our elbow backwards.