

Name: _____ Date: _____

Body Movements

Q1. What is ball and socket joint? Give 2 examples of ball and socket joints.

Ans. _____

Q2. Bones are hard structures and cannot be bent. But, we still bend our elbow, knee, etc. How is this possible?

Ans. _____

Q3. What is pivotal joint? Give one example of pivotal joint.

Ans. _____

Q4. What are the four different types of joints?

Ans. _____

Body Movements

Q1. What is ball and socket joint? Give 2 examples of ball and socket joints.

Ans. The ball and socket joint is type of joint in which the rounded end of one bone fits into the cavity (hollow space) of the other bone. Such a joint allows movements in all directions.

Examples: Joint of arm and shoulder

Joint of thigh and hip

Q2. Bones are hard structures and cannot be bent. But, we still bend our elbow, knee, etc. How is this possible?

Ans. Elbow and knee are made up of two or more bones which are joined together. Our bones, muscles, and joints — along with tendons, ligaments, and cartilage enable us to bend our elbow, knee, etc.

Q3. What is pivotal joint? Give one example of pivotal joint.

Ans. In a pivotal joint a cylindrical bone rotates in a ring. It allows bending forward and backward and turns to right or left.

Example: The joint where our neck joins the head is a pivotal joint.

Q4. What are the four different types of joints?

Ans. Types of joints

i. Ball and socket joints

ii. Pivotal Joint

iii. Hinge joints

iv. Fixed joints