

Skeleton and Muscular Systems Key Revision Facts

- The function of the skeleton is:
 1. support;
 2. protect organs;
 3. movement;
 4. produce blood cells.
- Fixed joints do not allow for any movement, for example the skull.
- Hinge joints allow for movement backwards and forwards, for example the elbow.
- Ball and socket joints allow for movement in all directions, for example hip and shoulder.
- The main muscles in the arm are the biceps and triceps. To bend the arm, the biceps contract and the triceps relax. To straighten the arm, the triceps contract and the biceps relax.
- Muscles that work in opposite directions to each other are known as antagonistic pairs, for example the biceps and triceps.
- Ligaments join two bones together.
- Tendons join a muscle to a bone.
- Cartilage is the tissue covering the end of bones at a joint to stop them rubbing together.

