

SPRINT
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BODY MOVEMENTS

~PRITESH SIR





THE TEAM



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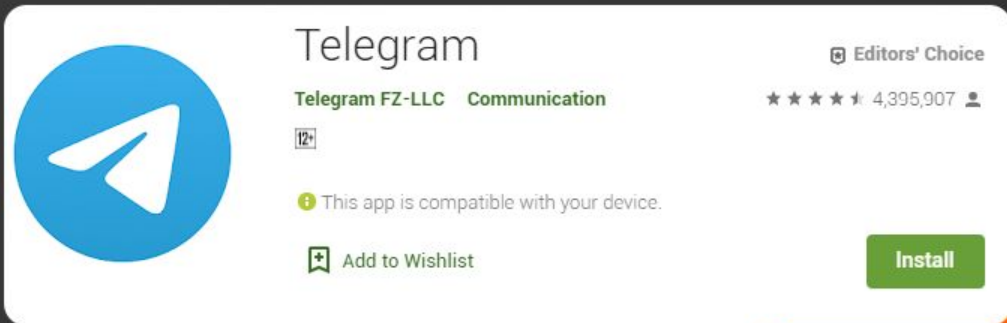


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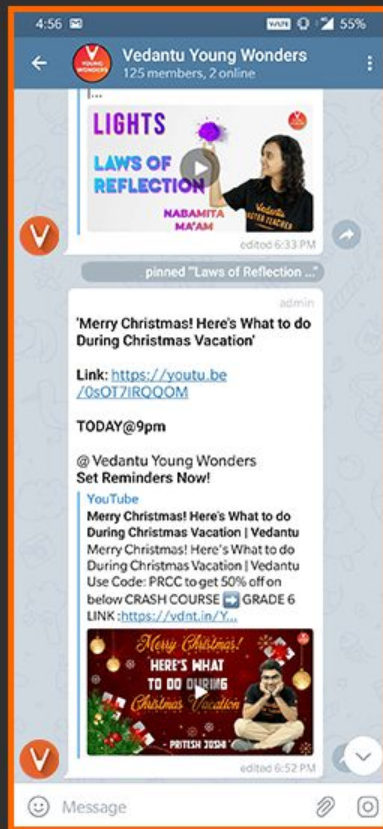


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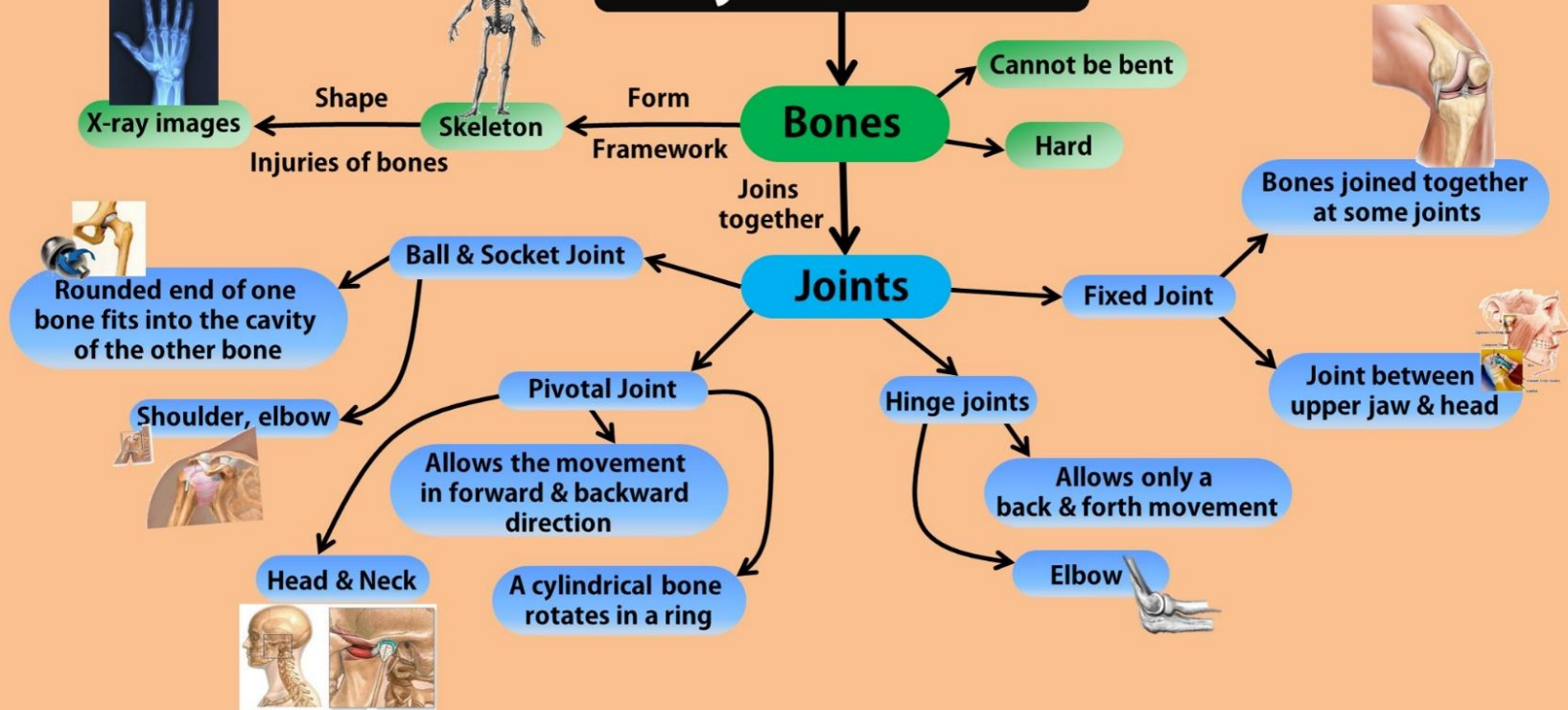
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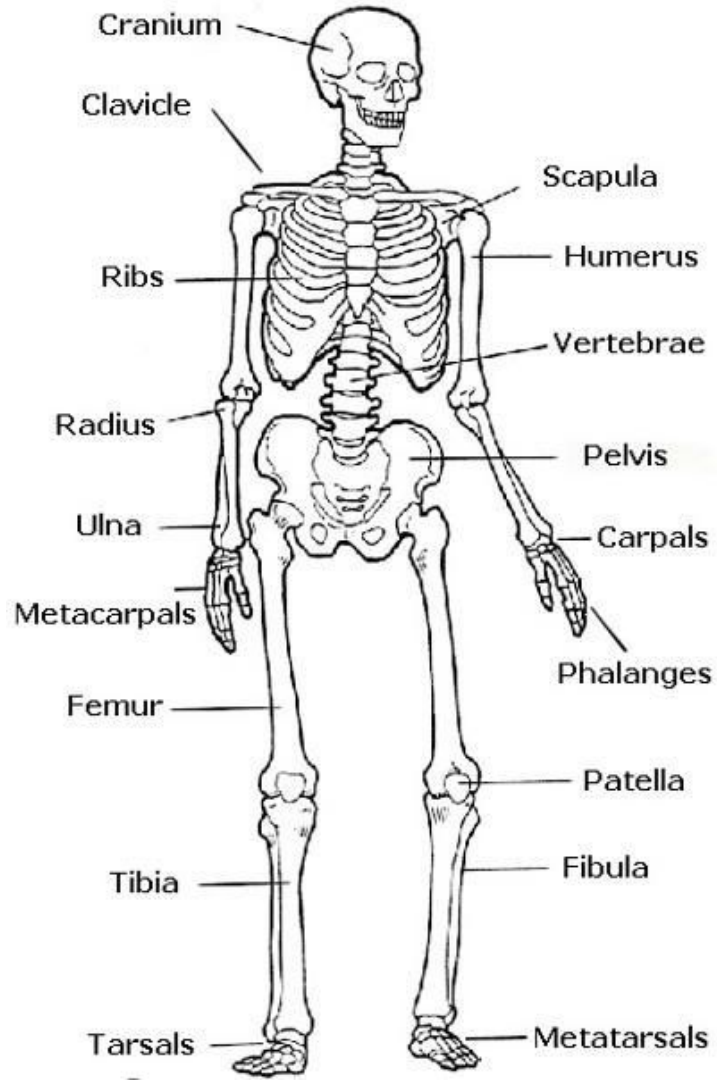


Gait of Animals

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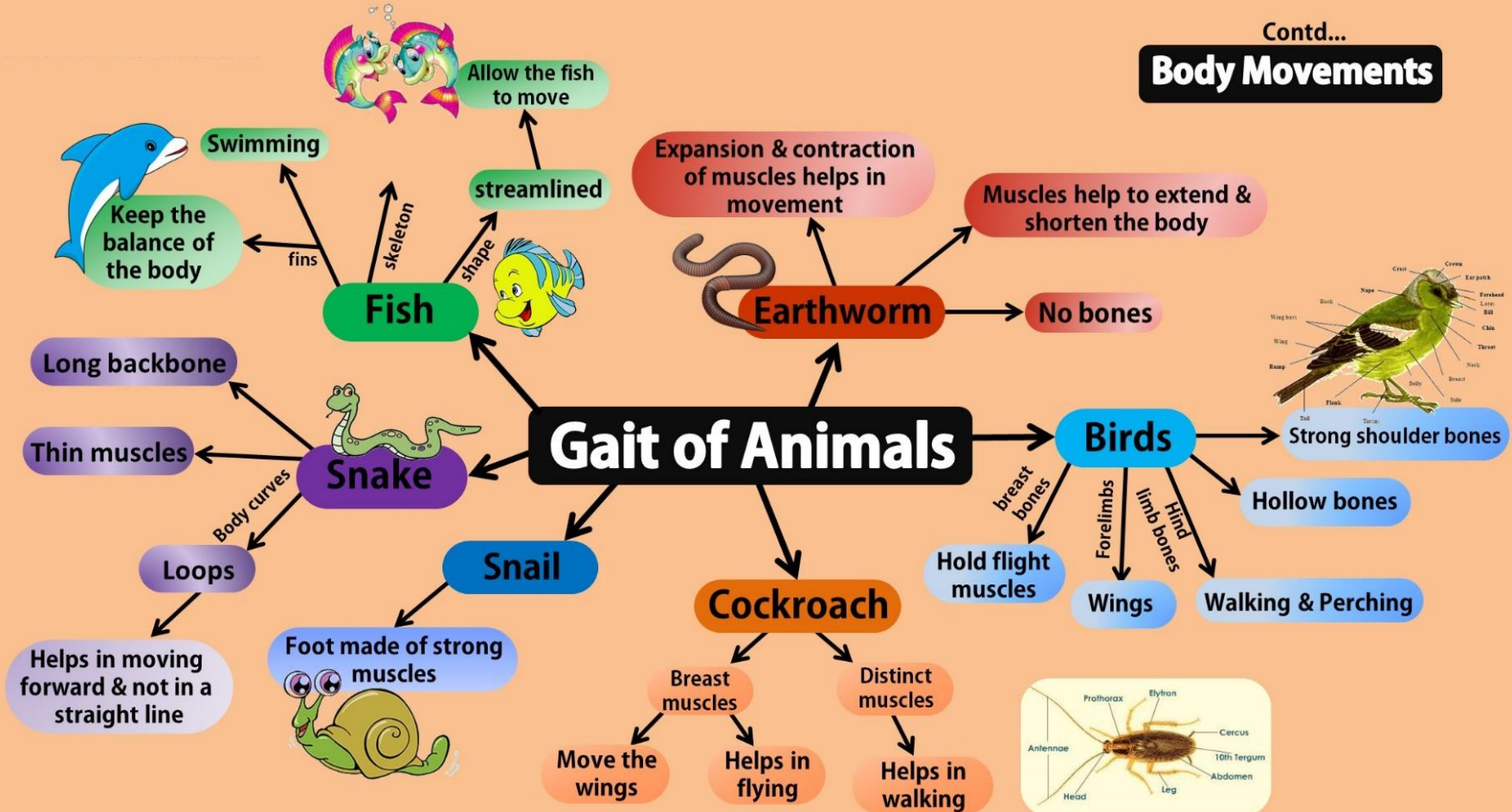
Body Movements





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Body Movements



Skeletal system: The human skeleton is made up of bones and cartilages. The human skeleton consists of skull, rib cage, backbone, shoulder bones, and pelvic bones. It protects many internal organs. It gives shape to the body and helps in its movement.

Movement: Alternate contraction and relaxation of muscles helps in the movement of bones. The muscles work in pairs to move a bone. There are different types of joints in our body that help in movement.

Joints: The places where two parts of our body seem to be joined are known as joints.

Examples: elbow, shoulder, neck, etc.

Ball and socket joint: This joint allows movement in all directions.

Example: shoulder joint

Pivotal joint: This joint allows only forward and backward movement.

Example: neck joint

Hinge joint: This joint allows only back and forth movement.

Example: knee joint

Fixed joint: The bones at this joint cannot move.

Example: skull joint

Earthworm: It moves by alternate extension and contraction of the body using muscles. It has bristles connected to muscles that help in gripping the ground.

Snail: It moves with the help of a muscular foot.

Cockroach: It has distinct muscles for moving and also has two pair of wings.

Birds: The bones of hind limbs are used for walking and perching, and the bones of forelimbs are modified as wings.

Fish: It has streamlined body shape, fins, and tail that help in movement.

Snake: It slithers on ground by looping sideways. The bones and muscles help in movement.

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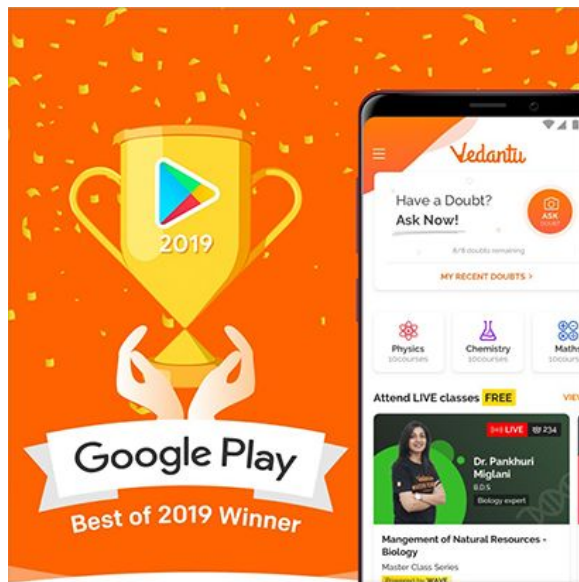
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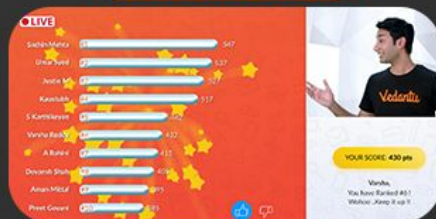
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