

Centre of the Cell's 'Muscling In' Challenge



Our muscles and skeleton are very important for helping us to do a whole range of things, most importantly moving! We can think of our skeleton a bit like a puppet and our muscles are the strings which help us to move. At certain points of our skeleton we have joints, allowing us to bend and complete everyday tasks. This challenge is going to focus on those joints.

Does all of our body move the same way?

No! Think about how your knee bends, but we can swing our arms around. This is because we have different types of joints in our body.



Hinge joint

A hinge joint allow us to bend a bit like folding a piece of paper. You can remember this by thinking of how a door opens and closes on its hinges! We find them in our elbows and knees.

Ball and socket joint

This joint is exactly how it sounds- it is a ball inside a socket. This kind of joint allows rotation and movement in lots of different directions- like how we can swing our arms and legs around.



Saddle joint

A saddle joint allows lots of precise movement. It is named this was because it looks a little bit like a rider on a saddle. There is one in our thumb which helps us with activities like writing and drawing.

Are there any joints we don't need?

Try testing whether you need all of your joints. See below for some examples of come up with your own!

- Try sitting down without bending your knee (please make sure it is safe around you in case you fall!)
- Try eating without bending your arm (and without making a huge mess)
- Try writing without using your thumb
- Try walking across the room without bending at all

Let us know how your
challenge goes on social media
@CentreoftheCell!