

St. Andrews Scots Senior Secondary School

9th , Avenue, I.P Extension, Patparganj

Class-V

Sub-Science

Session- 2025- 2026

Lesson – 3 Skeletal, Muscular and Nervous System

- **Reading of the chapter**
- **Explanation (will be done in class)**

(Textbook exercise)

- **A. Tick the correct answer.**

- 1. Tendon**
- 2. Ribcage**
- 3. Femur**
- 4. Bone marrow**
- 5. Cerebrum**
- 6. Sensory nerves**
- 7. Spinal cord**
- 8. Neurons**

- **B.Fill in the blanks.**

- 1. Brain**
- 2. Pivot**
- 3. three**
- 4. Retina**
- 5. Cerebrum**

6. skin

- **C. Write the correct sentence by changing the underline word.**

1. Muscles
2. Tendon
3. Pivot
4. Eyes

- **D Match the following.**

- 1 (c)
- 2 (d)
- 3 (e)
- 4 (a)
- 5 (b)

(Notebook Work

New Words

Any 10 words

FIB

- a. The skull protects the brain.
- b. A pivot joint allows the movement of the head from side to side.
- c. We have three kinds of muscles in our body.
- d. The part of the eye on which an image is formed is the retina.
- e. The cerebrum is the thinking part of the brain.
- f. The skin is the outer protective covering of the body.

Defines

- 1. Relax- To make less tense or rigid.**
- 2. Muscle contraction- Shortening of a part of muscle.**
- 3. Joint- When two bones join at a point.**
- 4. Reflex arc- The pathway followed during the reflex action.**

Short Question/Answer

1 Which organ is protected by the backbone? (In book)

Ans. Spinal cord

2. Which joint allows the movement in back and forth direction?(In book)

Ans. Hinge joint.

3. What is a joint?

Ans. Already done in defines

4. Give difference between tendon and ligament.

Ans. Tendon joins bone to muscle. Ligament joins bone to bone.

5. Name the largest part of the brain.(In book)

Ans. Cerebrum

6. What is the function of pupil in the eye?

Ans. Light enters the eye through pupil.

7.What is reflex arc?

Ans. Already done in defines.

8. Name the four types of taste. (In book)

Ans. Sweet, sour, salt and bitter.

Long Question/Answer

1. Give differences between voluntary and involuntary muscles.

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Ans-1	Voluntary muscles	Involuntary muscles	
a)	The muscles in the body whose actions are under our control.	a) The muscles in our body whose actions are not under our control.	
b)	They have bands or stripes on them	b) These muscles do not have bands.	

2 Explain types of joints.

Ans. Different types of joints are:-

- a. Pivot joint- It moves by rotating. It is found in our neck.**
- b. Ball and socket joint- It allows a circular movement. It is found in the shoulders and hips.**
- c. Gliding joint- It allows small sliding movement of the wrist and ankle.**
- d. Hinge joint- It allows movement of the bones in only one direction. It is found in fingers, knees, toes and elbows.**

3 Explain the different parts of the brain

Ans. The different parts of the brain are-

- Cerebrum- It is the largest part of the brain. It is the centre of learning, memory, intelligence and reasoning.**
- Cerebellum- It controls and coordinates the movement of the voluntary muscles. It helps to balance the body.**
- Medulla oblongata- It connects the brain to the spinal cord. It controls involuntary actions like beating of the heart and breathing.**

4 What is reflex action? Explain its mechanism.

Ans. The automatic response of the body to an event is called reflex action. Reflex action is a very fast movement. If by chance, we touch a thorn or something hot, the sensory nerves send a message to the spinal cord and the spinal cord through motor nerve orders the effector (the muscle of hand) to withdraw the hand immediately.

5 How can we take care of our eyes?

Ans. We can take care of our eyes by following these measures:-

- a. Wash and clean your eyes regularly with cold and clean water.**
- b. Do not work in a dim or bright light.**
- c. Sit at least six feet away from the television set.**
- d. Do not read in a moving vehicle and while lying down.**
- e. Never rub your eyes with dirty hands.**

Give Reasons

- 1. Why do we wear a helmet while skating?**

Ans. To protect the brain from hard surface.

- 2. Roshan uses his finger to clean the nose. Is it a good habit or bad habit? What can happen?**

Ans. It is bad as it may cause infection.

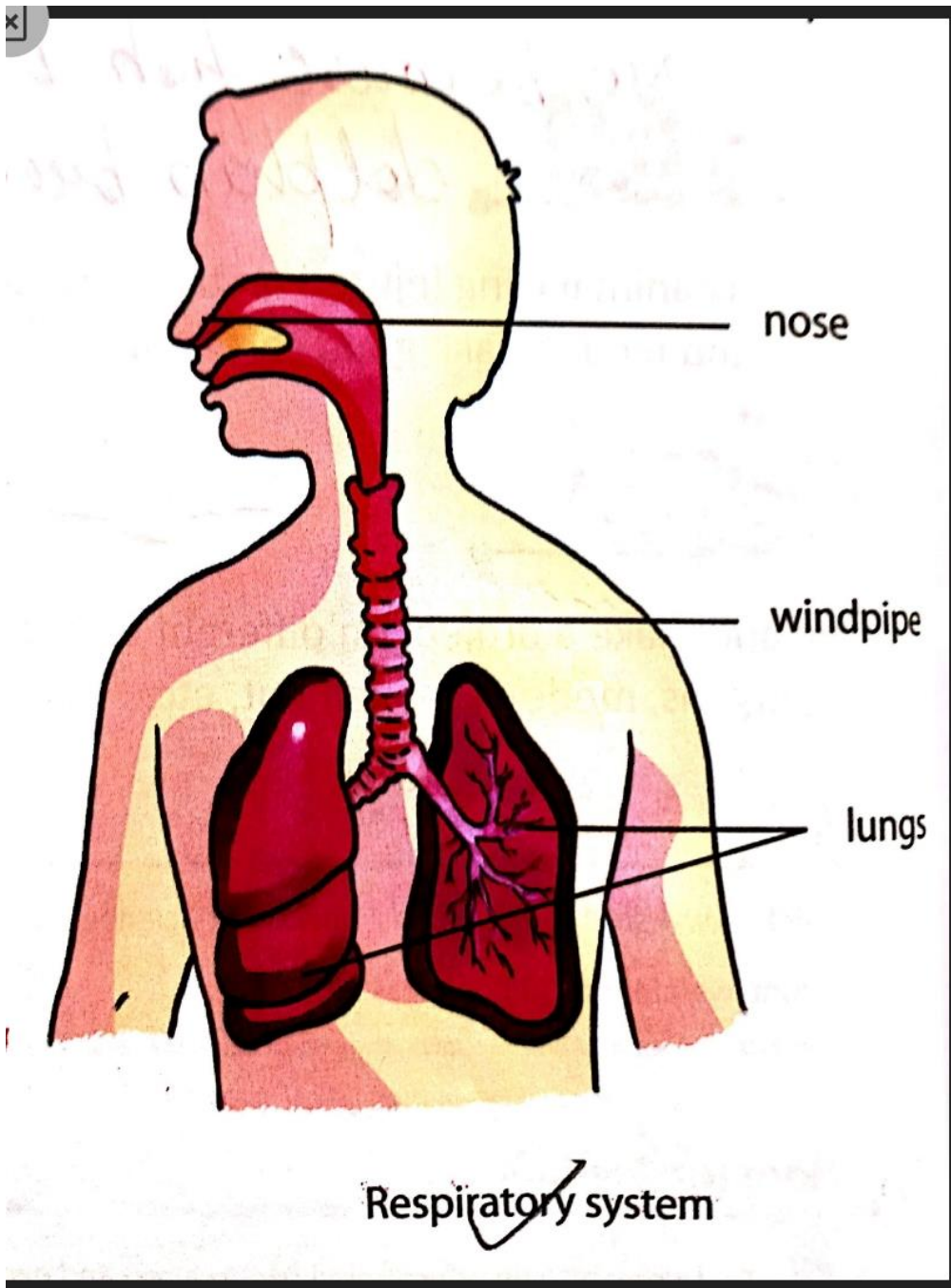
Activity

- 1. Ask a doctor to give you the X-ray of different body parts. Try to observe and write in your notebook about the different parts of skeleton and joints you have observed.**

Dictation

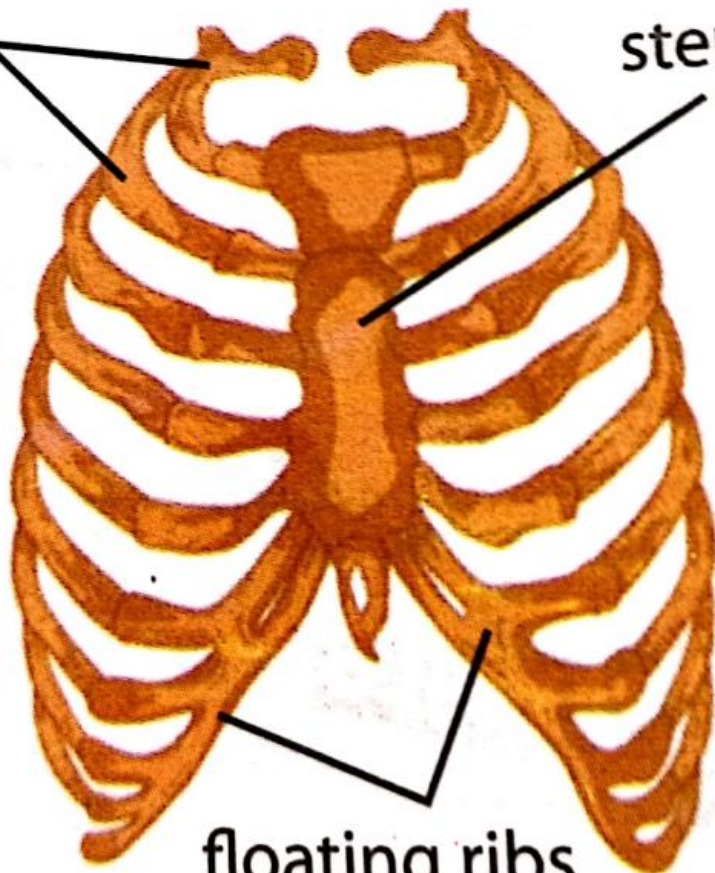
Any 10 words

Diagrams



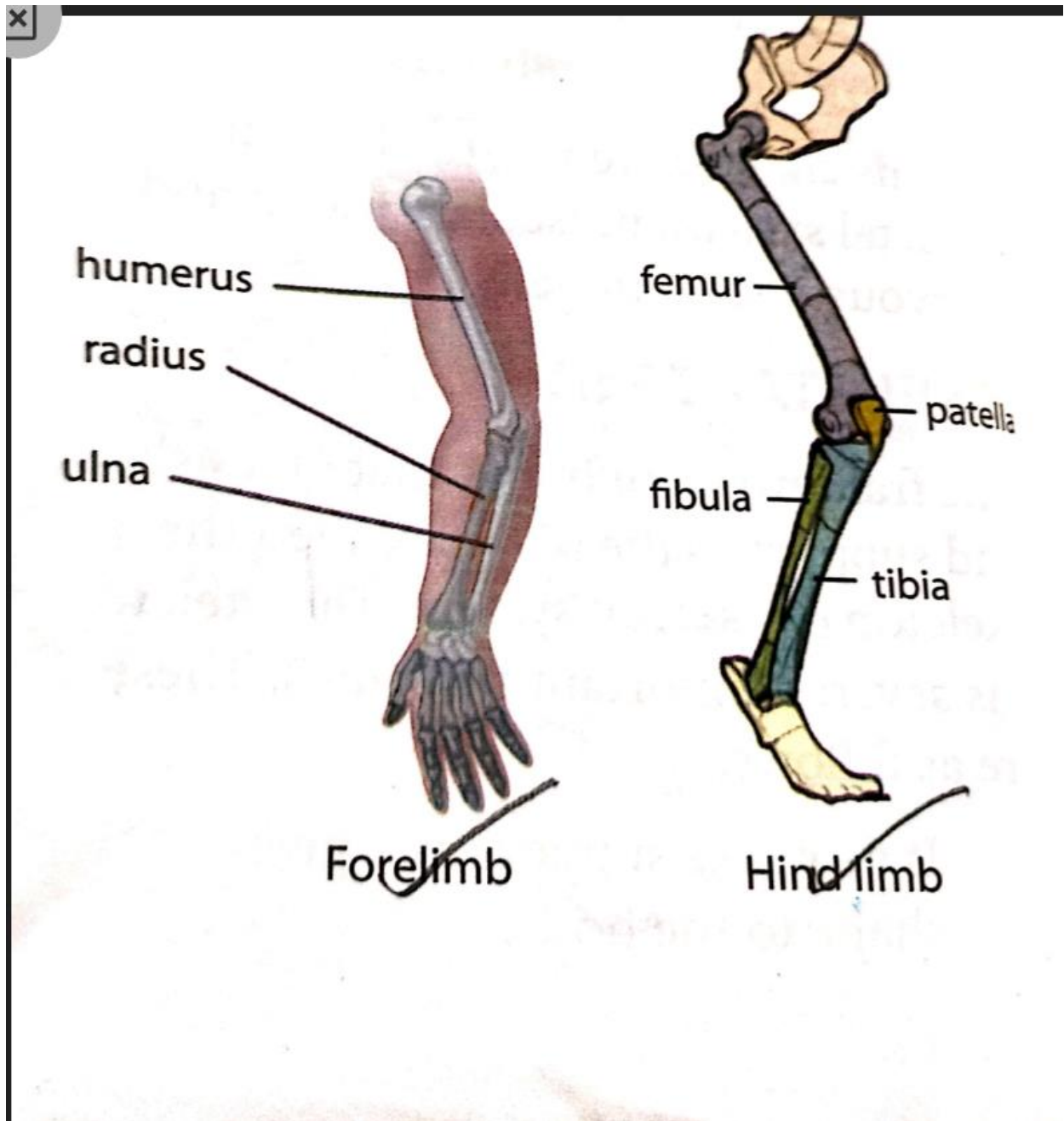
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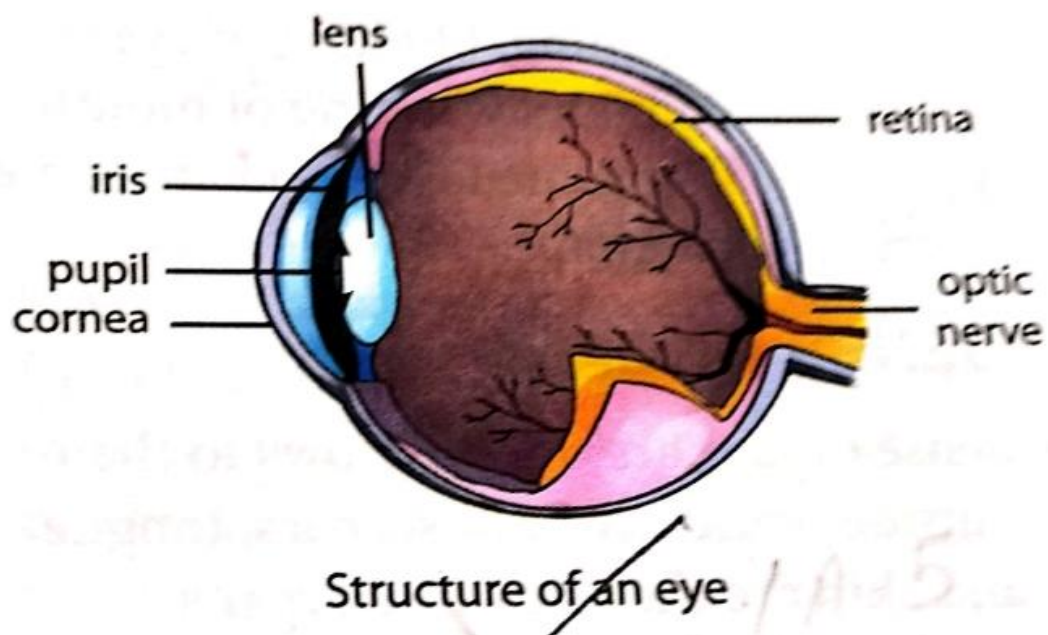
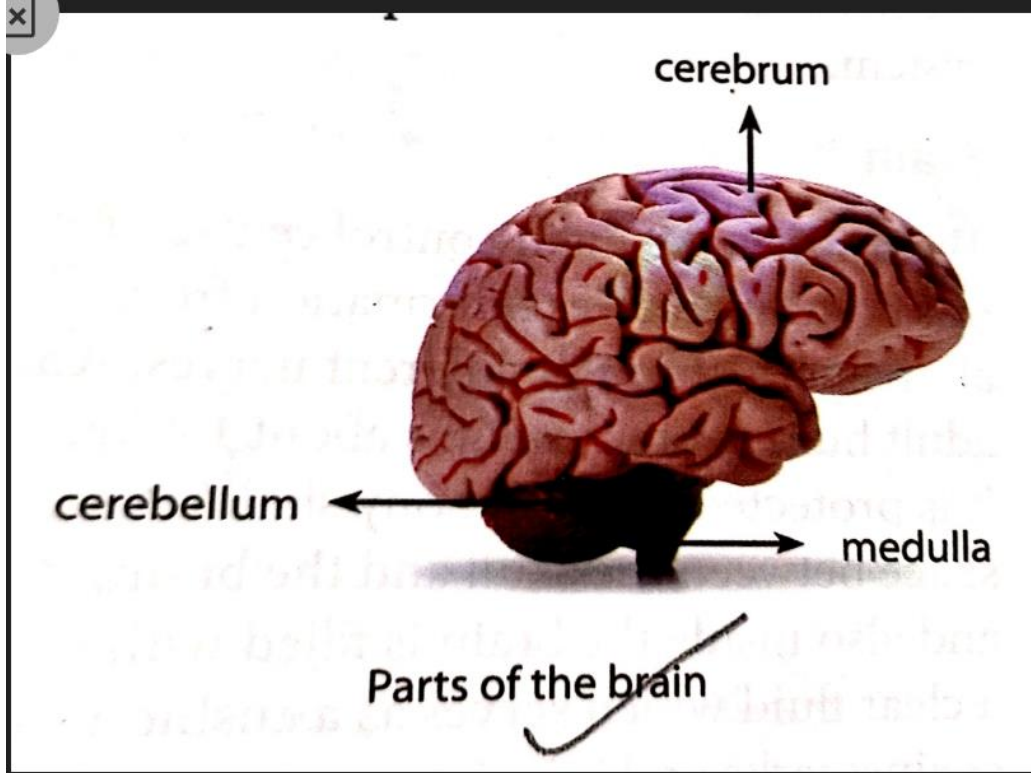
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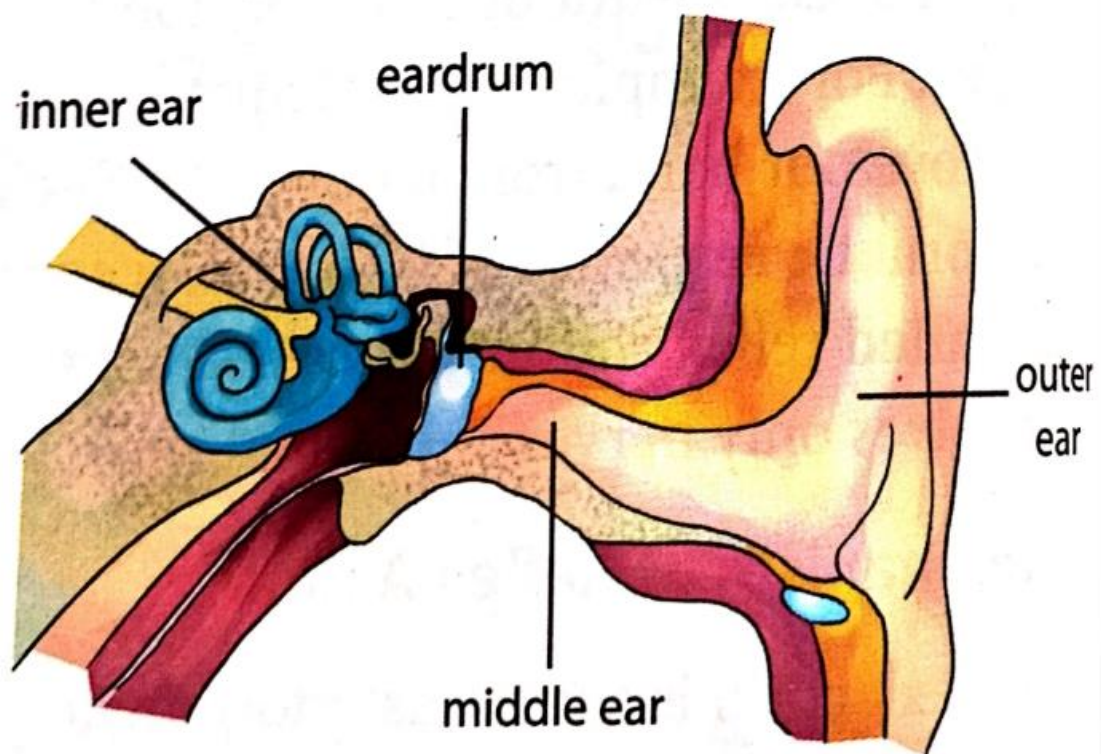


floating ribs

Ribcage







Structure of an ear