KS3 SCIENCE · BIOLOGY

Skeleton and muscles

Word search

D	S	H	S	C	Y	S	P	I	N	E	R
S	M	I	L	K	T	R	I	C	E	P	S
S	D	D	B	G	U	T	R	P	C	M	G
L	B	L	N	T	L	L	R	E	U	A	N
I	W	M	E	U	D	R	L	O	L	S	O
G	S	K	E	L	E	T	O	N	L	A	P
A	M	C	A	R	T	I	L	A	G	E	X
M	H	L	C	O	N	T	R	A	C	T	D
E	B	N	T	M	C	I	R	V	I	U	I
N	O	I	P	E	L	V	I	S	M	F	D
T	S	I	A	G	N	A	T	S	Y	M	V
P	B	O	N	E	M	A	R	R	O	W	I

Find these 10 words

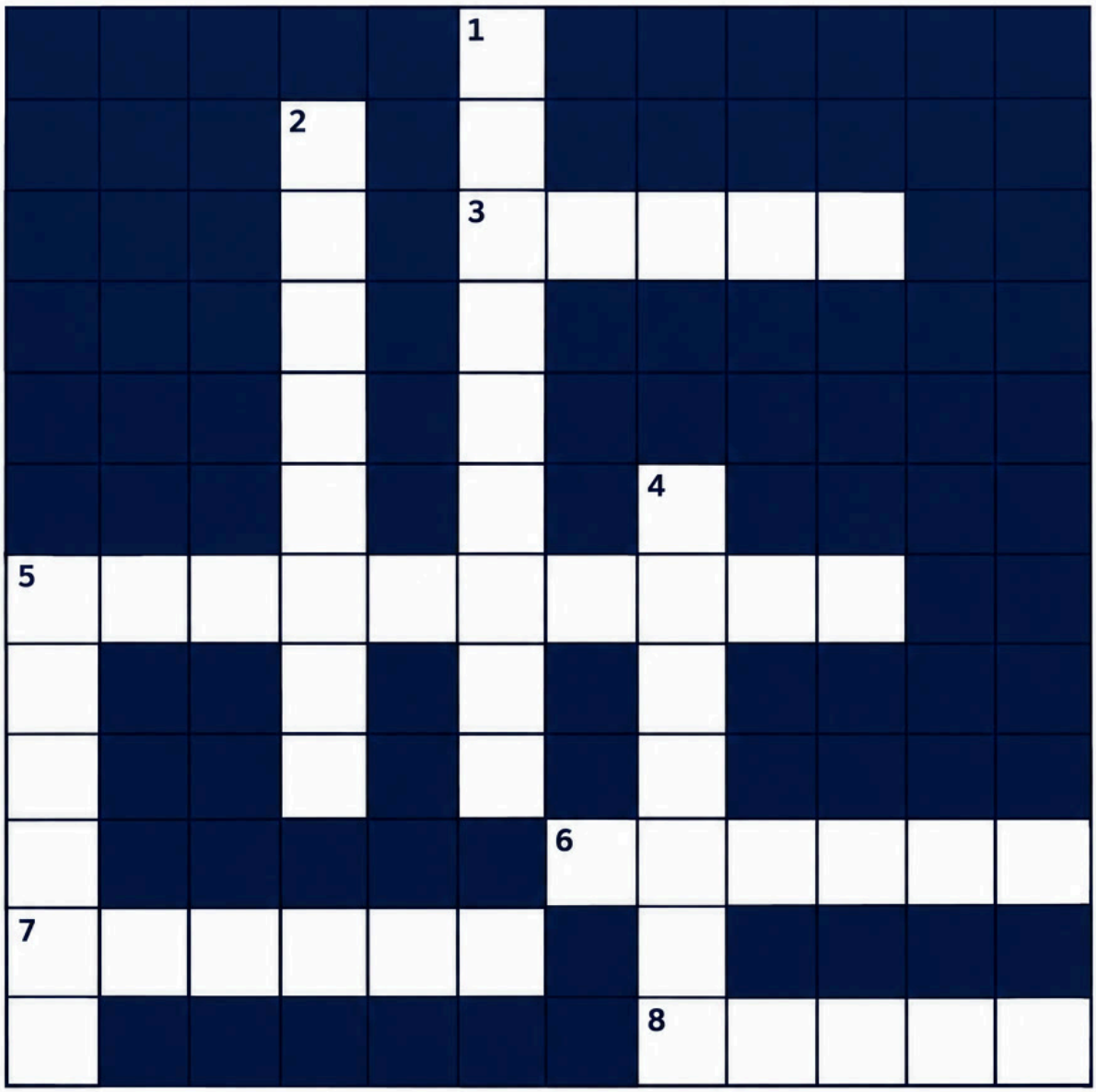
- ☐ BONE MARROW
- ☐ CARTILAGE
- ☐ CONTRACT
- ☐ LIGAMENT
- ☐ PELVIS
- ☐ RELAX
- ☐ SKELETON
- ☐ SKULL
- ☐ SPINE
- ☐ TRICEPS

Words go across, down or diagonally. Spaces are left out.

KS3 SCIENCE · BIOLOGY

Skeleton and muscles

Crossword



Across

3 When a muscle stops pulling (5)

5 Tissue inside some bones where new blood cells are made (4,6)

6 Joins a muscle to a bone (6)

7 The hip bones, which join the legs to the spine (6)

8 The bones of the head, which protect the brain (5)

Down

1 Smooth tissue on the ends of bones that reduces friction (9)

2 Joins bone to bone at a joint (8)

4 The muscle that straightens the arm (7)

5 The muscle that bends the arm (6)

The number in brackets is how many letters the answer has.

KS3 SCIENCE · BIOLOGY

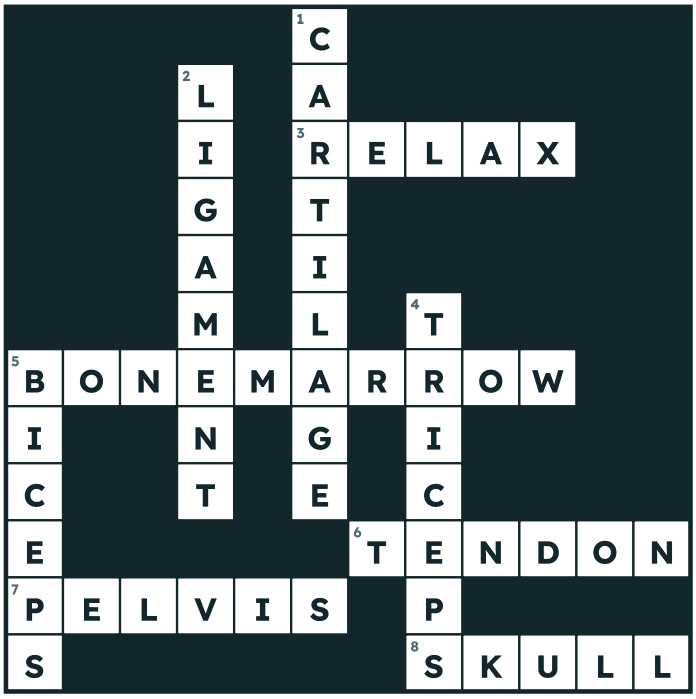
Skeleton and muscles

Answers

Word search



Crossword



Across

3 Relax
When a muscle stops pulling (5)

5 Bone marrow
Tissue inside some bones where new blood cells are made (4,6)

6 Tendon
Joins a muscle to a bone (6)

7 Pelvis
The hip bones, which join the legs to the spine (6)

8 Skull
The bones of the head, which protect the brain (5)

Down

1 Cartilage
Smooth tissue on the ends of bones that reduces friction (9)

2 Ligament
Joins bone to bone at a joint (8)

4 Triceps
The muscle that straightens the arm (7)

5 Biceps
The muscle that bends the arm (6)

In the word search, words go across, down or diagonally, and spaces are left out. The same puzzles can be played on the Skeleton and muscles page of the KS3 Science revision site.

KS3 BIOLOGY • SKELETON AND MUSCLES • LESSON 1

What your skeleton does

Word search

P	L	B	O	N	E	N	M	V	T
P	M	L	S	U	P	P	O	R	T
W	R	O	O	V	T	U	V	O	Y
A	N	O	B	R	Y	E	E	L	L
M	T	D	T	V	G	O	M	L	I
N	H	C	H	E	L	A	E	S	V
C	F	E	N	U	C	F	N	Y	I
C	R	L	E	B	N	T	T	S	N
W	C	L	T	T	M	W	S	A	G
V	D	S	M	U	S	C	L	E	S

Find these 8 words

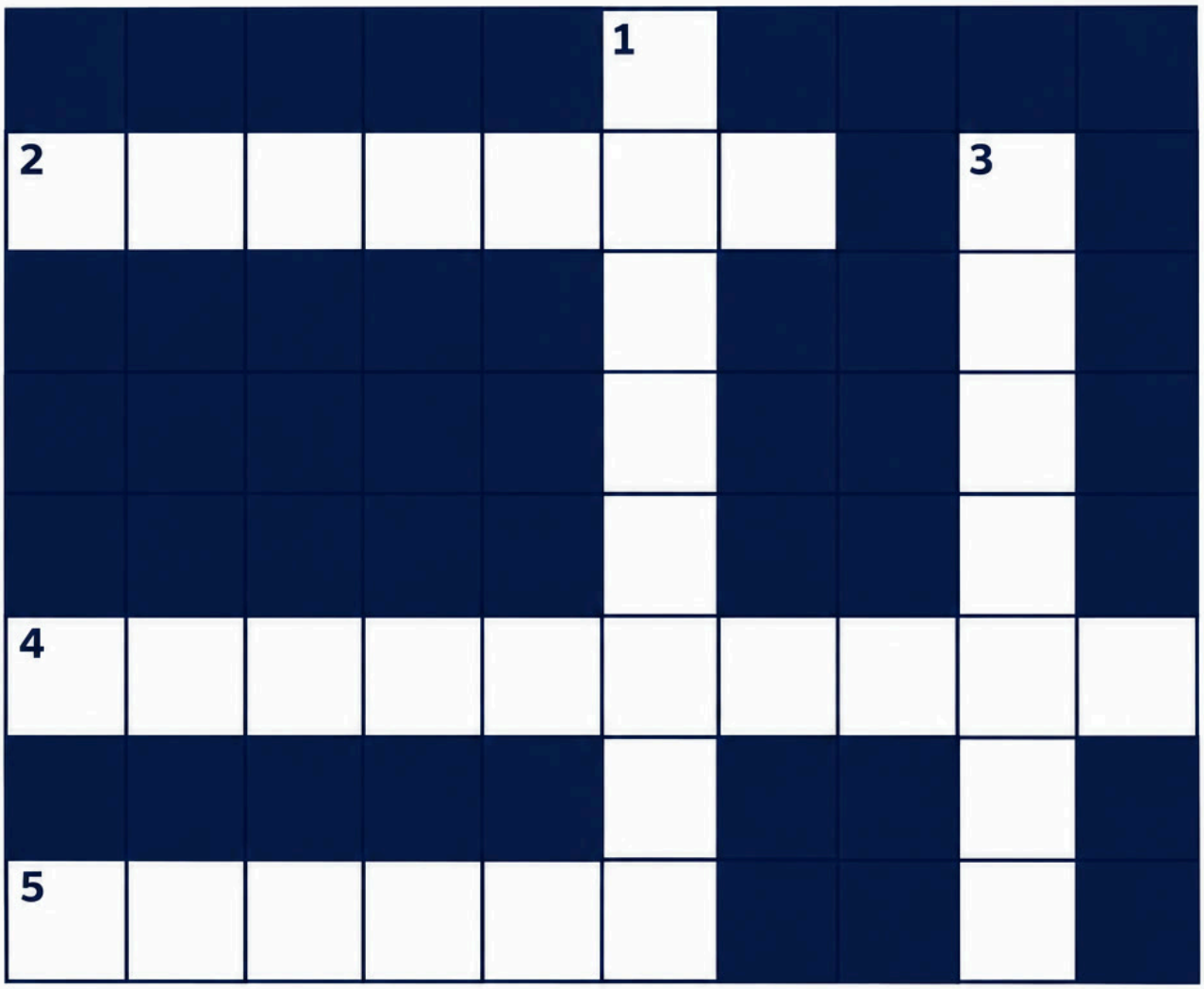
- ☐ BLOOD CELLS
- ☐ BONE
- ☐ LIVING
- ☐ MOVEMENT
- ☐ MUSCLES
- ☐ ORGANS
- ☐ PROTECTS
- ☐ SUPPORT

Words go across, down or diagonally. Spaces are left out.

KS3 BIOLOGY · SKELETON AND MUSCLES · LESSON 1

What your skeleton does

Crossword



Across

2 Holding you up is this job of the skeleton (7)

4 Your skeleton makes new ones of these (5,5)

5 The skeleton keeps these safe (6)

Down

1 The skull does this to the brain (8)

3 These get shorter and fatter to pull on the skeleton and move you (7)

The number in brackets is how many letters the answer has.

KS3 SCIENCE · BIOLOGY · SKELETON AND MUSCLES

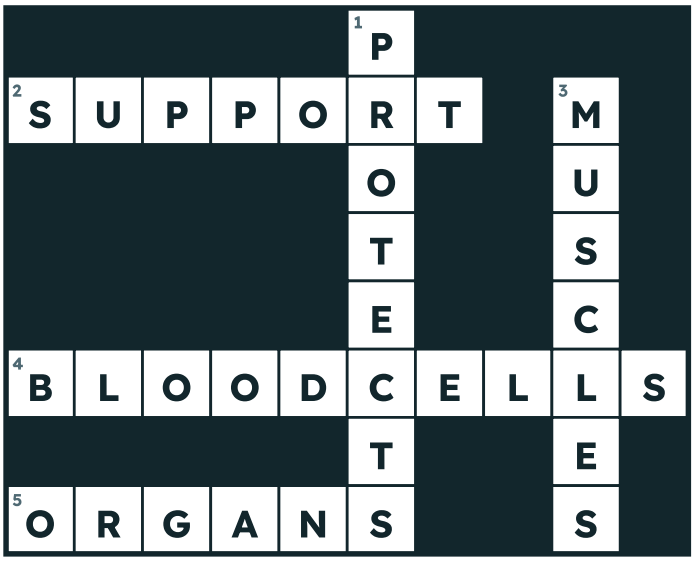
Lesson 1: What your skeleton does

Answers

Word search



Crossword



Across

2 Support
Holding you up is this job of the skeleton (7)

4 Blood cells
Your skeleton makes new ones of these (5,5)

5 Organs
The skeleton keeps these safe (6)

Down

1 Protects
The skull does this to the brain (8)

3 Muscles
These get shorter and fatter to pull on the skeleton and move you (7)

In the word search, words go across, down or diagonally, and spaces are left out. The same puzzles can be played on the Skeleton and muscles lesson 1 page of the KS3 Science revision site.

KS3 BIOLOGY · SKELETON AND MUSCLES · LESSON 2

Bones of the body

Word search

T	I	D	F	E	M	U	R	C	U
L	U	N	G	S	S	S	W	M	E
P	C	L	O	N	G	E	S	T	U
H	R	D	C	A	D	U	L	T	F
F	E	L	O	M	B	R	A	I	N
Y	P	E	L	V	I	S	U	M	S
Y	M	E	H	O	I	U	M	Y	P
S	E	I	G	N	R	I	B	S	I
W	O	I	H	U	W	G	O	L	N
M	O	R	D	B	V	L	W	U	E

Find these 8 words

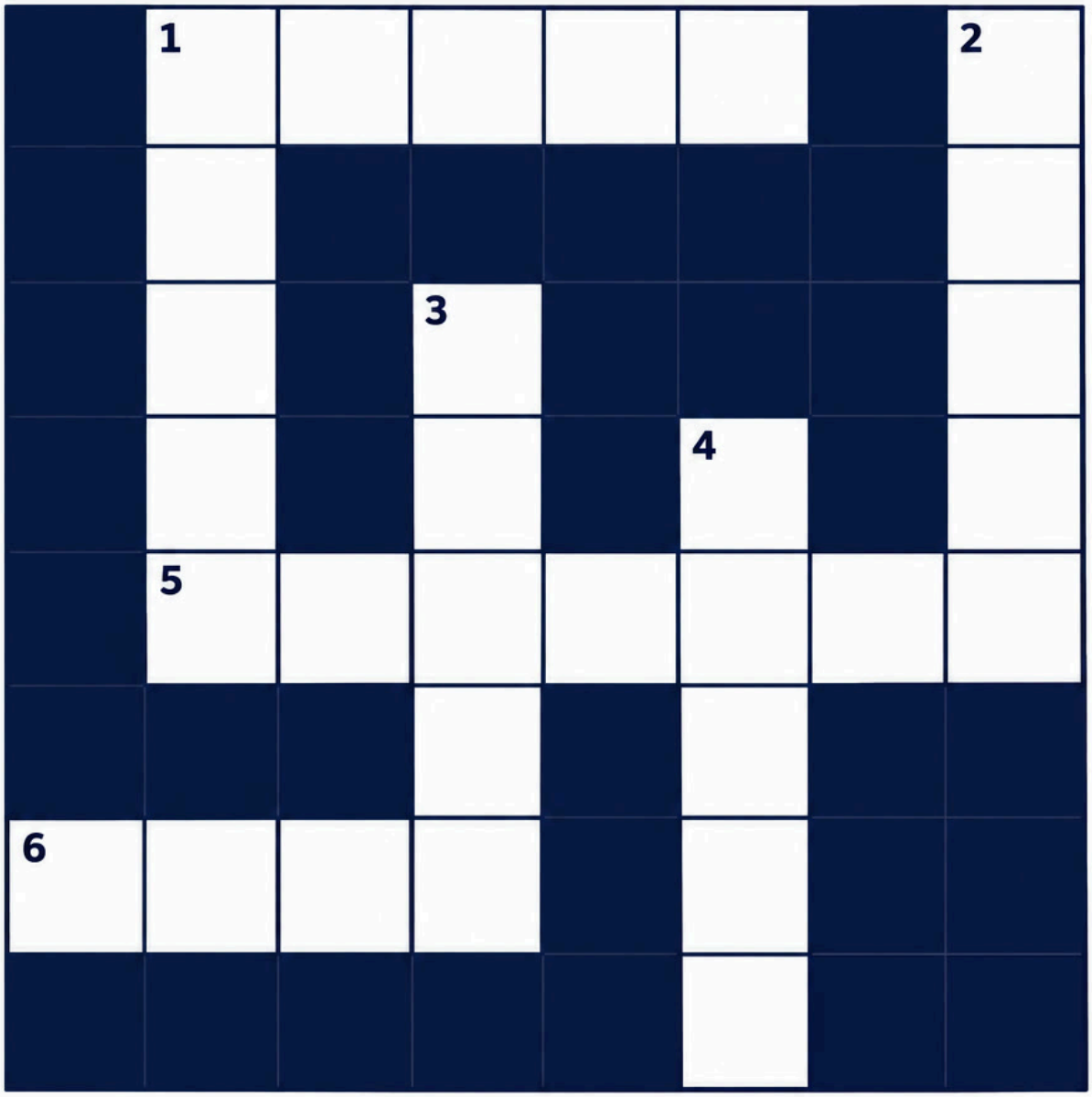
- ☐ ADULT
- ☐ BRAIN
- ☐ FEMUR
- ☐ LONGEST
- ☐ LUNGS
- ☐ PELVIS
- ☐ RIBS
- ☐ SPINE

Words go across, down or diagonally. Spaces are left out.

KS3 BIOLOGY · SKELETON AND MUSCLES · LESSON 2

Bones of the body

Crossword



Across

1 The backbone (5)

5 The thigh bone is the ___ bone, measured from end to end (7)

6 Bones that protect the heart (4)

Down

1 The bones of the head (5)

2 An ___ skeleton has 206 bones (5)

3 Organs in the chest that are protected, with the heart (5)

4 The thigh bone (5)

The number in brackets is how many letters the answer has.

KS3 SCIENCE · BIOLOGY · SKELETON AND MUSCLES

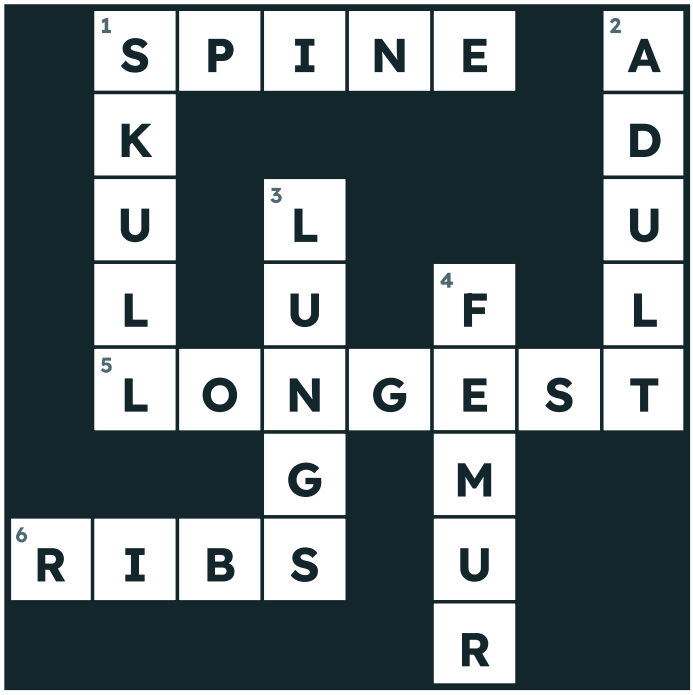
Lesson 2: Bones of the body

Answers

Word search

T	I	D	F	E	M	U	R	C	U
L	U	N	G	S	S	S	W	M	E
P	C	L	O	N	G	E	S	T	U
H	R	D	C	A	D	U	L	T	F
F	E	L	O	M	B	R	A	I	N
Y	P	E	L	V	I	S	U	M	S
Y	M	E	H	O	I	U	M	Y	P
S	E	I	G	N	R	I	B	S	I
W	O	I	H	U	W	G	O	L	N
M	O	R	D	B	V	L	W	U	E

Crossword



Across

1 Spine
The backbone (5)

5 Longest
The thigh bone is the ___ bone, measured from end to end (7)

6 Ribs
Bones that protect the heart (4)

Down

1 Skull
The bones of the head (5)

2 Adult
An ___ skeleton has 206 bones (5)

3 Lungs
Organs in the chest that are protected, with the heart (5)

4 Femur
The thigh bone (5)

In the word search, words go across, down or diagonally, and spaces are left out. The same puzzles can be played on the Skeleton and muscles lesson 2 page of the KS3 Science revision site.

KS3 BIOLOGY · SKELETON AND MUSCLES · LESSON 3

Joints

Word search

J	H	T	A	M	I	V	U	O	V
O	L	W	T	E	N	D	O	N	S
Y	S	I	I	E	R	N	C	F	O
S	U	H	G	H	G	K	Y	S	L
T	H	O	O	A	F	N	F	O	S
I	I	E	H	U	M	E	D	C	P
C	N	B	L	L	L	E	H	K	M
K	G	D	R	B	D	D	N	E	M
W	E	S	E	P	O	U	E	T	E
R	Y	O	V	P	N	W	P	R	S

Find these 8 words

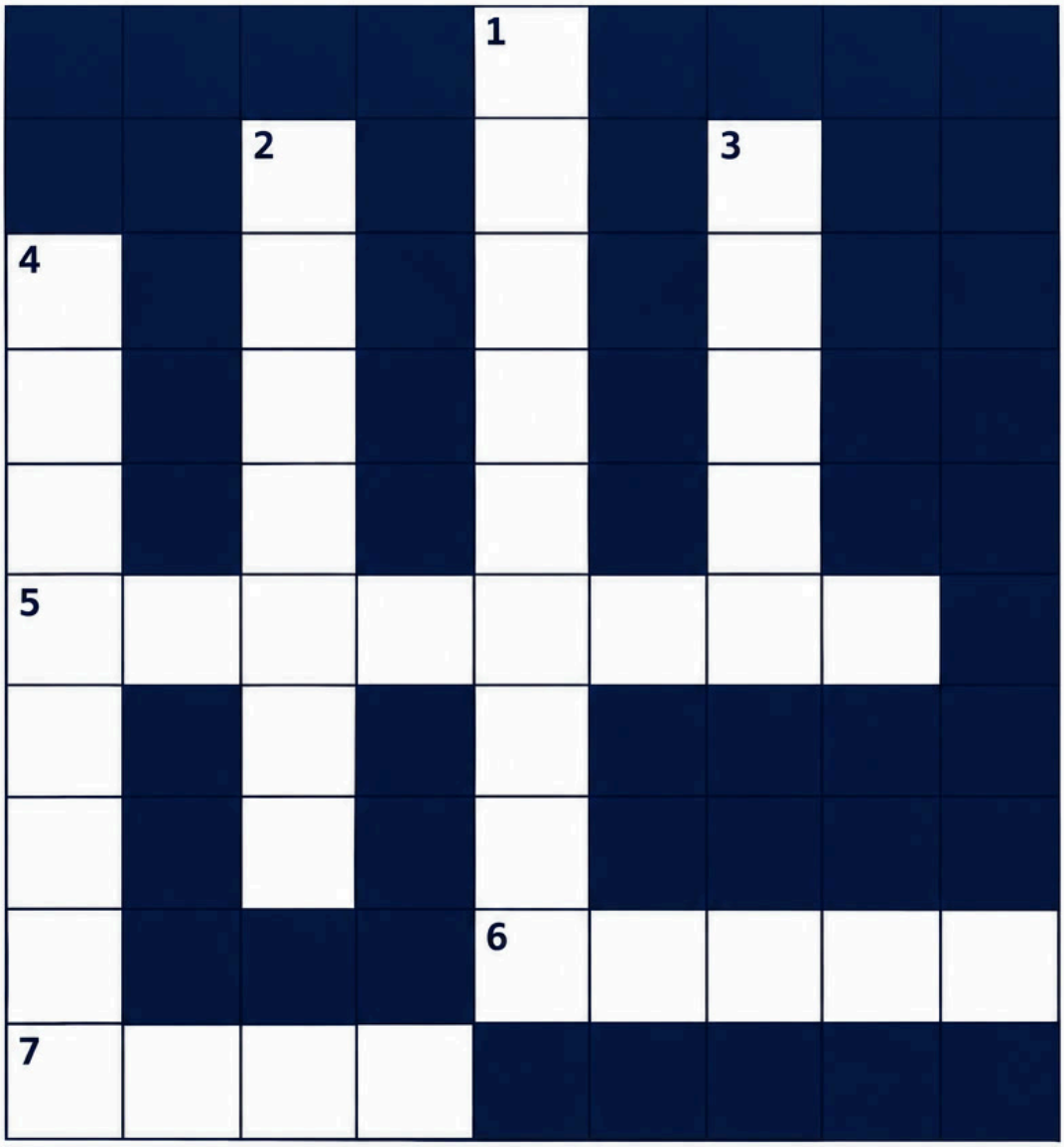
- ☐ ELBOW
- ☐ HINGE
- ☐ JOYSTICK
- ☐ KNEE
- ☐ LIGAMENTS
- ☐ SHOULDER
- ☐ SOCKET
- ☐ TENDONS

Words go across, down or diagonally. Spaces are left out.

KS3 BIOLOGY · SKELETON AND MUSCLES · LESSON 3

Joints

Crossword



Across

5 The joint where your arm joins your body, which moves almost every way (8)

6 A joint in the middle of your arm that bends and straightens (5)

7 The joint in the middle of your leg (4)

Down

1 Smooth tissue on the ends of bones that reduces friction (9)

2 Join muscle to bone (7)

3 A door swings on one of these (5)

4 The game controller that the ball joint is compared to (8)

The number in brackets is how many letters the answer has.

KS3 SCIENCE · BIOLOGY · SKELETON AND MUSCLES

Lesson 3: Joints

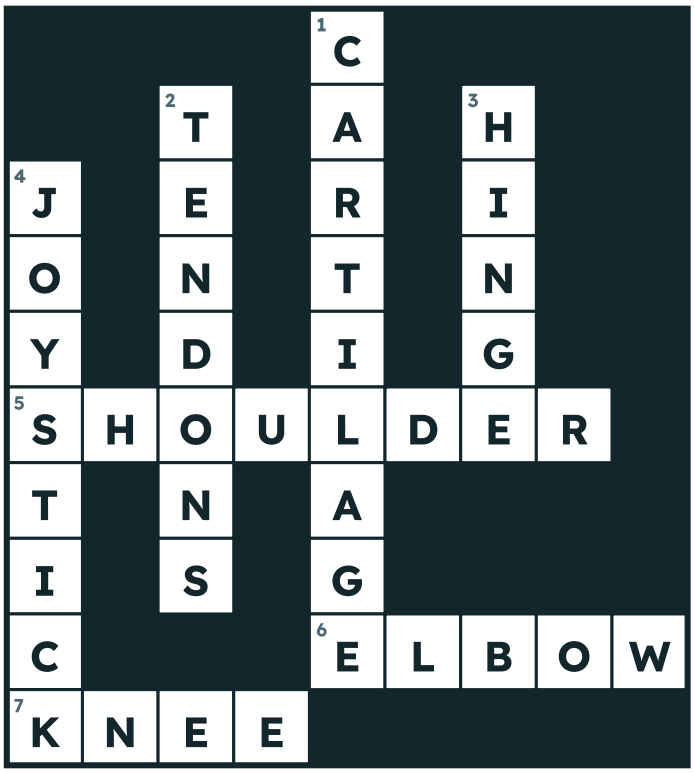
Answers

Word search



J	H	T	A	M	I	V	U	O	V
O	L	W	T	E	N	D	O	N	S
Y	S	I	I	E	R	N	C	F	O
S	U	H	G	H	G	K	Y	S	L
T	H	O	O	A	F	N	F	O	S
I	I	E	H	U	M	E	D	C	P
C	N	B	L	L	L	E	H	K	M
K	G	D	R	B	D	D	N	E	M
W	E	S	E	P	O	U	E	T	E
R	Y	O	V	P	N	W	P	R	S

Crossword



				1 C					
		2 T		A			3 H		
4 J		E		R			I		
O		N		T			N		
Y		D		I			G		
5 S	H	O	U	L	D	E	R		
T		N		A					
I		S		G					
C				6 E	L	B	O	W	
7 K	N	E	E						

Across

5 Shoulder
The joint where your arm joins your body, which moves almost every way (8)

6 Elbow
A joint in the middle of your arm that bends and straightens (5)

7 Knee
The joint in the middle of your leg (4)

Down

1 Cartilage
Smooth tissue on the ends of bones that reduces friction (9)

2 Tendons
Join muscle to bone (7)

3 Hinge
A door swings on one of these (5)

4 Joystick
The game controller that the ball joint is compared to (8)

In the word search, words go across, down or diagonally, and spaces are left out. The same puzzles can be played on the Skeleton and muscles lesson 3 page of the KS3 Science revision site.

KS3 BIOLOGY · SKELETON AND MUSCLES · LESSON 4

How muscles work

Word search

I	R	O	P	E	U	C	D	H	P
C	H	S	H	O	R	T	E	R	F
S	O	P	N	P	P	P	U	B	U
P	R	N	B	H	M	U	L	H	F
A	P	E	T	I	V	S	A	E	F
P	M	Y	L	R	V	H	E	A	A
T	H	E	B	A	A	V	T	R	H
A	S	M	P	S	X	C	N	T	E
T	E	N	D	O	N	E	T	F	S
G	F	G	L	A	E	V	S	S	A

Find these 7 words

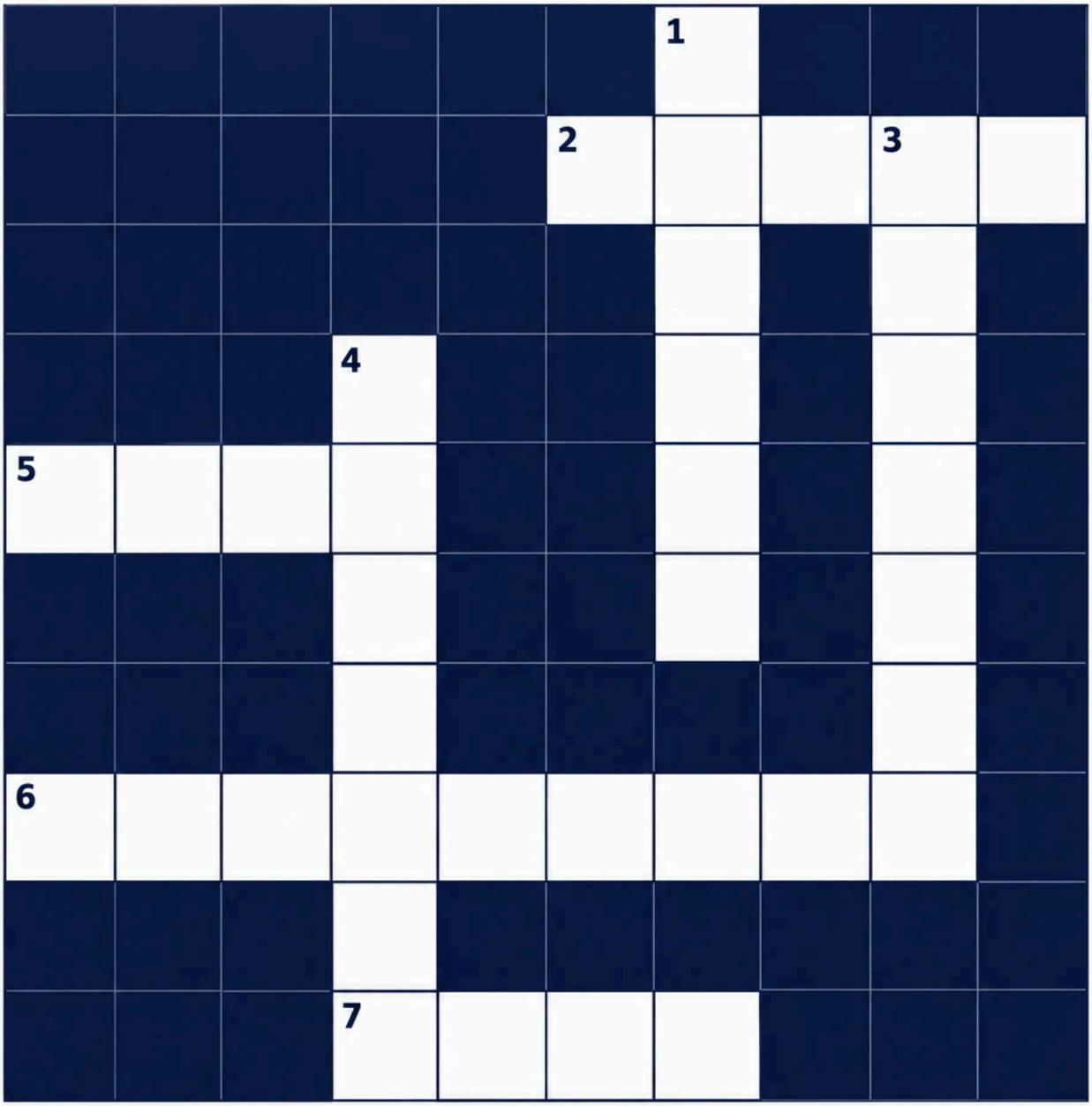
- ☐ CONTRACTS
- ☐ HEART
- ☐ PUSH
- ☐ RELAXES
- ☐ ROPE
- ☐ SHORTER
- ☐ TENDON

Words go across, down or diagonally. Spaces are left out.

KS3 BIOLOGY · SKELETON AND MUSCLES · LESSON 4

How muscles work

Crossword



Across

2 The organ that pumps blood around the body (5)

5 Muscles cannot do this (4)

6 What a muscle does when it pulls (9)

7 A muscle is like this in a tug of war (4)

Down

1 Joins muscle to bone (6)

3 Stops pulling (7)

4 A contracting muscle becomes this, and fatter (7)

The number in brackets is how many letters the answer has.

KS3 SCIENCE · BIOLOGY · SKELETON AND MUSCLES

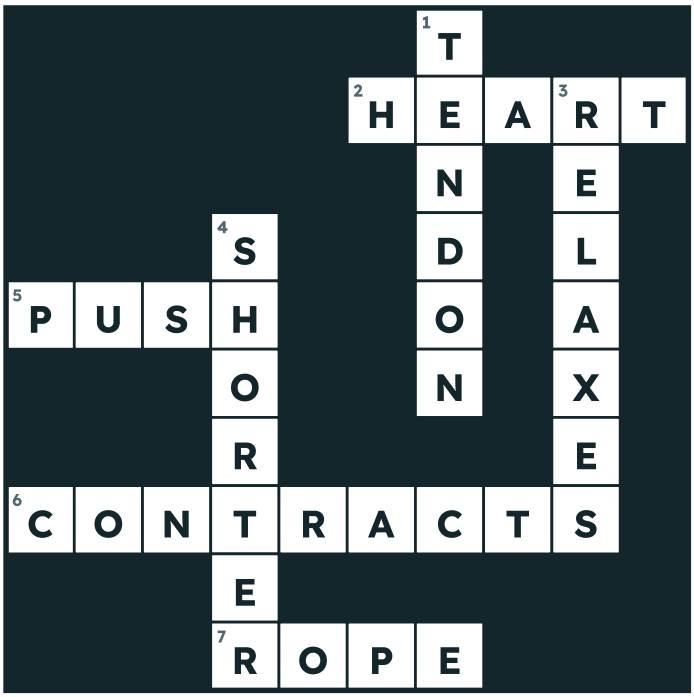
Lesson 4: How muscles work

Answers

Word search



Crossword



Across

2 Heart
The organ that pumps blood around the body (5)

5 Push
Muscles cannot do this (4)

6 Contracts
What a muscle does when it pulls (9)

7 Rope
A muscle is like this in a tug of war (4)

Down

1 Tendon
Joins muscle to bone (6)

3 Relaxes
Stops pulling (7)

4 Shorter
A contracting muscle becomes this, and fatter (7)

In the word search, words go across, down or diagonally, and spaces are left out. The same puzzles can be played on the Skeleton and muscles lesson 4 page of the KS3 Science revision site.

KS3 BIOLOGY · SKELETON AND MUSCLES · LESSON 5

Muscles in pairs

Word search

R	E	L	A	X	E	S	P	U	S	D	N
P	A	R	T	N	E	R	I	T	I	H	E
E	I	O	G	H	F	N	M	T	M	V	Y
L	F	B	T	M	Y	M	H	U	W	F	S
T	Y	F	G	P	C	Y	M	O	V	B	B
B	B	N	T	R	I	C	E	P	S	N	G
A	N	T	A	G	O	N	I	S	T	I	C
D	H	A	O	P	Y	I	L	L	C	Y	U
C	O	N	T	R	A	C	T	S	F	O	F
V	U	W	N	U	Y	Y	A	B	W	S	G
C	B	I	M	B	I	C	E	P	S	C	F
P	A	W	O	M	S	H	N	W	M	T	L

Find these 6 words

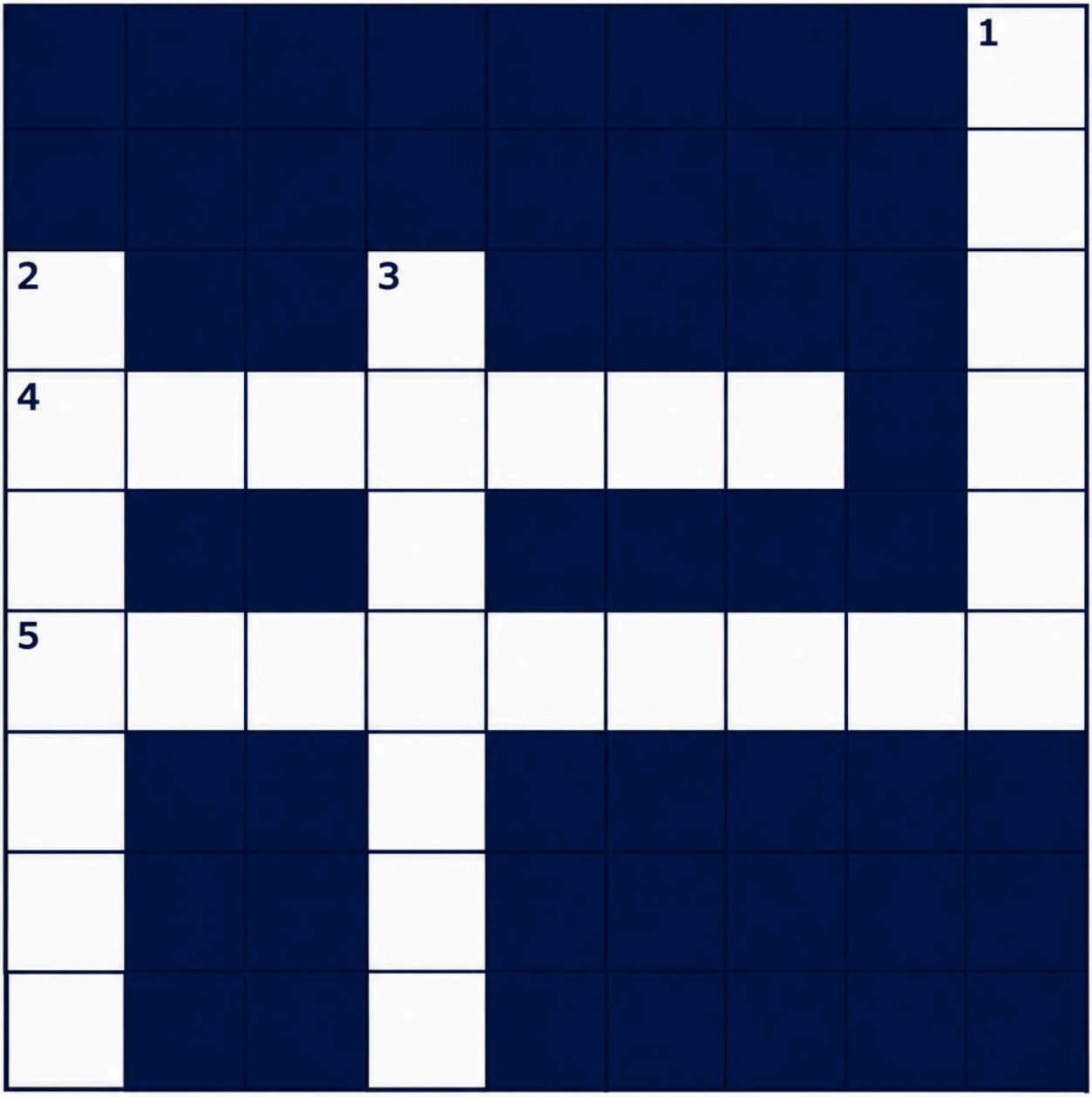
- ☐ ANTAGONISTIC
- ☐ BICEPS
- ☐ CONTRACTS
- ☐ PARTNER
- ☐ RELAXES
- ☐ TRICEPS

Words go across, down or diagonally. Spaces are left out.

KS3 BIOLOGY · SKELETON AND MUSCLES · LESSON 5

Muscles in pairs

Crossword



Across

4 Stops pulling (7)

5 Gets shorter and pulls (9)

Down

1 The muscle that bends the arm (6)

2 The muscle that straightens the arm (7)

3 A muscle's ___ pulls the bone back (7)

The number in brackets is how many letters the answer has.

KS3 SCIENCE · BIOLOGY · SKELETON AND MUSCLES

Lesson 5: Muscles in pairs

Answers

Word search

R	E	L	A	X	E	S	P	U	S	D	N
P	A	R	T	N	E	R	I	T	I	H	E
E	I	O	G	H	F	N	M	T	M	V	Y
L	F	B	T	M	Y	M	H	U	W	F	S
T	Y	F	G	P	C	Y	M	O	V	B	B
B	B	N	T	R	I	C	E	P	S	N	G
A	N	T	A	G	O	N	I	S	T	I	C
D	H	A	O	P	Y	I	L	L	C	Y	U
C	O	N	T	R	A	C	T	S	F	O	F
V	U	W	N	U	Y	Y	A	B	W	S	G
C	B	I	M	B	I	C	E	P	S	C	F
P	A	W	O	M	S	H	N	W	M	T	L

Crossword



Across

4 Relaxes
Stops pulling (7)

5 Contracts
Gets shorter and pulls (9)

Down

1 Biceps
The muscle that bends the arm (6)

2 Triceps
The muscle that straightens the arm (7)

3 Partner
A muscle's ___ pulls the bone back (7)

In the word search, words go across, down or diagonally, and spaces are left out. The same puzzles can be played on the Skeleton and muscles lesson 5 page of the KS3 Science revision site.

KS3 BIOLOGY · SKELETON AND MUSCLES · LESSON 6

Measuring muscle force

Word search

D	P	S	B	E	L	H	S	P	T
F	O	R	C	E	M	E	T	E	R
C	R	I	B	G	H	A	A	C	A
M	E	A	N	U	B	U	T	C	I
A	A	E	M	T	H	I	G	H	N
S	D	B	R	H	C	U	C	O	I
A	I	H	Y	T	I	R	E	D	N
I	N	N	E	W	T	O	N	S	G
F	G	S	T	R	E	N	G	T	H
R	S	N	G	E	G	S	W	T	I

Find these 8 words

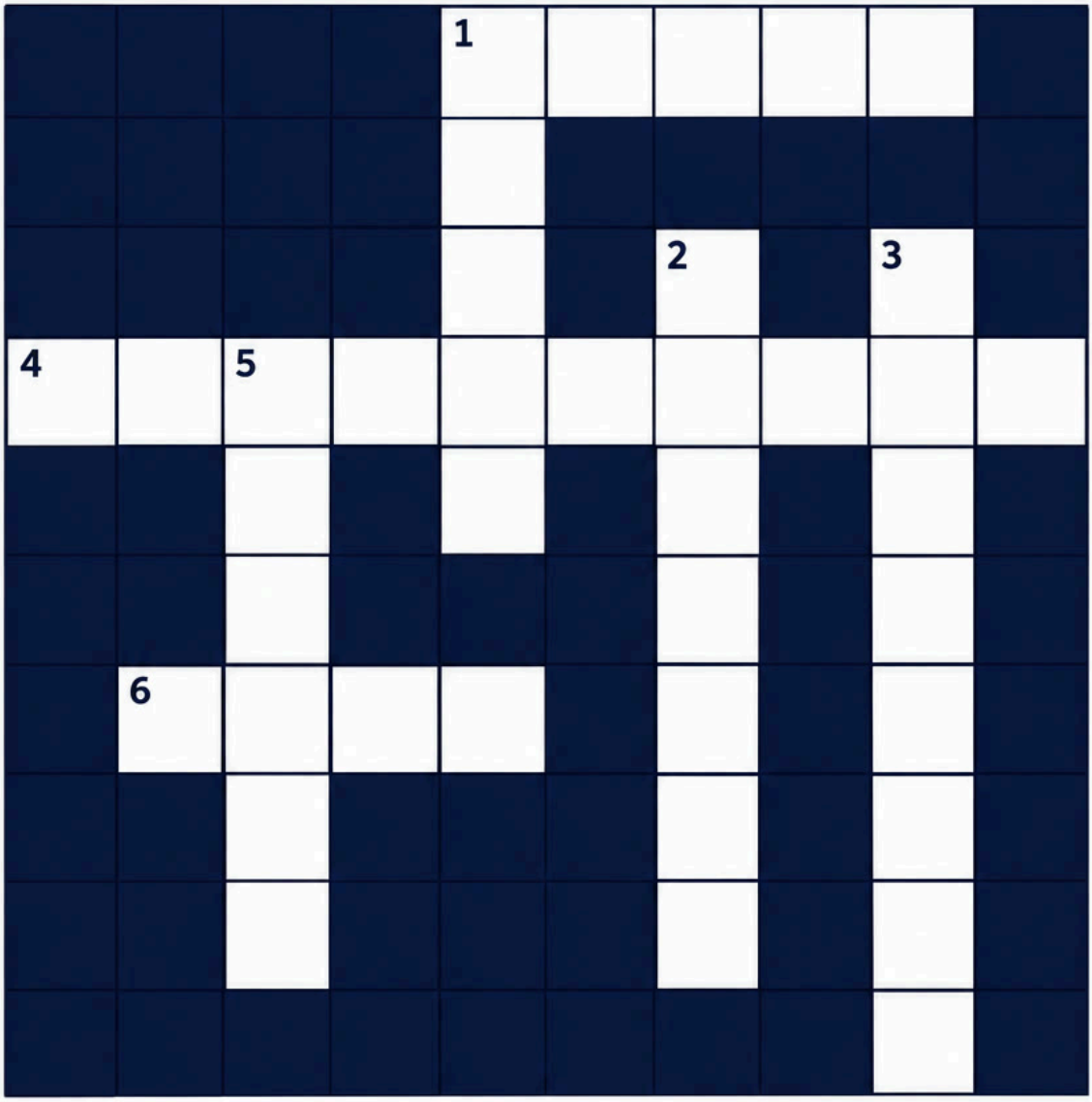
- ☐ FORCE METER
- ☐ MEAN
- ☐ NEWTONS
- ☐ READINGS
- ☐ STRENGTH
- ☐ THIGH
- ☐ TIRED
- ☐ TRAINING

Words go across, down or diagonally. Spaces are left out.

KS3 BIOLOGY · SKELETON AND MUSCLES · LESSON 6

Measuring muscle force

Crossword



Across

1 The upper part of the leg, with big muscles (5)

4 Measures how hard you pull or squeeze (5,5)

6 The average, found by adding up and dividing (4)

Down

1 A muscle that needs a rest after lots of use is ___ (5)

2 The unit that force is measured in (7)

3 Take three of these, then work out the average (8)

5 Do the same measurement again (6)

The number in brackets is how many letters the answer has.

KS3 SCIENCE · BIOLOGY · SKELETON AND MUSCLES

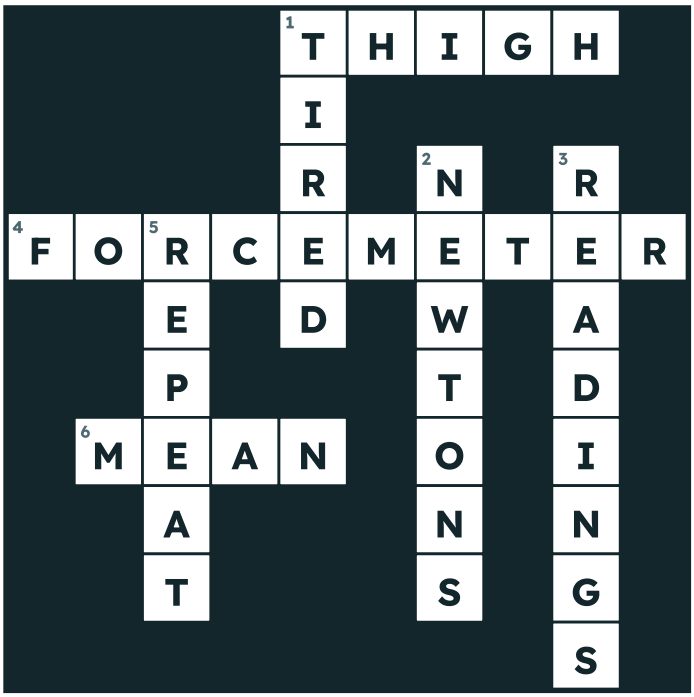
Lesson 6: Measuring muscle force

Answers

Word search

D	P	S	B	E	L	H	S	P	T
F	O	R	C	E	M	E	T	E	R
C	R	I	B	G	H	A	A	C	A
M	E	A	N	U	B	U	T	C	I
A	A	E	M	T	H	I	G	H	N
S	D	B	R	H	C	U	C	O	I
A	I	H	Y	T	I	R	E	D	N
I	N	N	E	W	T	O	N	S	G
F	G	S	T	R	E	N	G	T	H
R	S	N	G	E	G	S	W	T	I

Crossword



Across

1 Thigh
The upper part of the leg, with big muscles (5)

4 Force meter
Measures how hard you pull or squeeze (5,5)

6 Mean
The average, found by adding up and dividing (4)

Down

1 Tired
A muscle that needs a rest after lots of use is ___ (5)

2 Newtons
The unit that force is measured in (7)

3 Readings
Take three of these, then work out the average (8)

5 Repeat
Do the same measurement again (6)

In the word search, words go across, down or diagonally, and spaces are left out. The same puzzles can be played on the Skeleton and muscles lesson 6 page of the KS3 Science revision site.