

The West Australian



Tuesday August 10, 2021

Read the feature topic on Bones, muscles and joints in today's ED! Magazine and complete some of the activities below.



- Class discussion: has anyone broken a bone before? What treatment did you have and how long did it take to heal?
- About how many more bones does a human baby have compared to an adult?
- What is an opposable thumb, and which organisms have them?



- In groups, brainstorm types of exercise children could do. Include types of sport, games, movement based video games, modes of people-powered transport, and ways of including exercise into your day such as taking the stairs or walking a pet.
- Set some healthy goals for yourself – they could be about diet, exercise or rest – and try to stick to them for at least a week.
- In pairs, label the bones on the skeleton image. Write the ones you already know, then research to find the names of the rest.
- List the areas in the body that have joints we use for movement, then work out what type of joint each is.



- Are bigger muscles better? Research to find out how building muscle mass effects body movement.
- Research to find out what education, training and experience is needed to become a physiotherapist. Where in WA can people study physiotherapy?



- Rank these in order of most important to least important – eating healthy, exercising, getting enough sleep. In groups discuss your ranking and give reasons for your opinion.



- Design a poster to encourage healthy eating, including why it is important and examples of healthy lunchbox choices.
- Use the information in this article to create a crossword puzzle about the bones, muscles and joints of the body.



- Look through your copy of *The West Australian* to find an article about sport. Go through the article and highlight any words which describe movement (eg. kick, run, catch etc.) then think about which muscles and joints would have been used to achieve those movements.

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Join *The West's* Media Education team in our aim to create a media-savvy generation.

Online Media Education activities are designed to enable students to become critical consumers of news. Through completing the activities, students will develop the skills to consider, question, inquire and challenge reported news stories. Media Education encourages students to be informed citizens of global issues considering multiple perspectives before generating their own ideas and opinions.



Read this week's Newsflash stories to get the gist, then choose one or more of these activities to explore further.

DIG DEEPER Discover a fact that someone else might not know.	TAKE SIDES Is there a conflict? Who do you agree with? Why?	SO WHAT? Why does this matter?
YOUR LINE Write an alternative headline for this story.	THIS JUST IN Find out the latest updates on this story.	PANTS ON FIRE Is anyone not telling the truth? What makes you think this?
FACT OR OPINION On your copy of Newsflash, highlight facts in one colour, and opinions in another.	MAP IT Create a mind map of everything you know about this topic.	WHAT NEXT? Make a prediction. What do you think will happen next?
5W + H Can you discover the <i>who</i> , <i>what</i> , <i>when</i> , <i>where</i> , <i>why</i> and <i>how</i> of this story?	SURVEY SAYS Conduct a survey to find out what your classmates think of an issue.	WINNER, WINNER Who do you think might benefit from this story?