



Don't worry, the worksheet is attached.

- There are two sheets attached. One is the worksheet you were looking for and the other is the Video Guide Help to leave in the VHS or DVD case for a fellow teacher.

**PRINT THIS NOTICE
and put it in the
DVD or VHS case.**

- Please print out both sheets and place the Video Guide Help sheet in the VHS or DVD case.

**PRINT THE WORKSHEET
from the website every
time for the latest copy.**

- The Video Guides are constantly being updated and revised. Please simply go to the StarMaterials.com website and download a fresh copy of the free worksheet as you need it.
- Keep checking the website for the latest teacher created and teacher tested tools for your classroom.



There is a video guide for this video that will help students with the materials.

Free Video Guide

- There are always 15 questions, either fill in the blank, circle the correct or true/false so that students can keep up with the video.
- Students can read and fill them out before viewing and then correct the information while watching the video.
- There is a section for three things students knew that were confirmed in the video (claiming prior knowledge) and three things they know now after watching the video (learned).
- Next to the question numbers triangles (Δ) can be filled to indicate which questions are to be answered. This accommodation may limit the requirements for special needs students.
- Every guide has the same "Look and Feel"

Go there now - www.StarMaterials.com



StarMaterials.com now has many video guides for other videos. The seven page enhanced "Word Bank" version for this video includes:

Each Episode Set includes:

- 1- **Answer Key** question times are listed; also has grading guide.
- 2- **Student Worksheet** with a "Word Bank". (For special needs).
- 3- **Student Worksheet** with no "Word Bank". (Copy attached below)
- 4- **Individual Quiz** - with a "Word Bank". (For special needs).
- 5- **Individual Quiz** - with no "Word Bank".
- 6- **Reusable Quiz** - with a "Word Bank". (For special needs).
- 7- **Reusable Quiz** - with no "Word Bank".



Please leave this page in the DVD/VCR case so that you won't forget!

Room _____ Block _____ ID# _____

Name _____

Teacher _____

Date: ___ / ___ / ___

Period _____

BNL02

Bones and Muscles



While watching, complete this video guide.

Three things I knew
that were confirmed in
the video:

A- _____

B- _____

C- _____

Three things I didn't know
but I now know because I
watched the video.

A- _____

B- _____

C- _____

- ___ Δ 1. Every person / worm has a skeleton.
- ___ Δ 2. No matter how you move your body, some of your _____ are contracting.
- ___ Δ 3. You have _____ all over your body, which connect muscles to bones.
- ___ Δ 4. Sharks have bones / cartilage.
- ___ Δ 5. Muscles are what allow our bodies to _____.
- ___ Δ 6. _____ are the strongest bones you will find in a skeleton.
- ___ Δ 7. The joints in all of your fingers are _____ joints.
- ___ Δ 8. Fixed joints in the body move / do not move.
- ___ Δ 9. By cracking your knuckles, you are pulling your _____ apart.
- ___ Δ 10. It is easier to frown / smile.
- ___ Δ 11. In a sparrow's neck there are more bones than there are in the neck of a _____.
- ___ Δ 12. Bones are made up of the periosteum, the compact bone, and the cancellous or _____ bone.
- ___ Δ 13. _____, found in milk, helps make your bones strong.
- ___ Δ 14. Your backbone is made of one solid / many moveable bone(s).
- ___ Δ 15. Your muscle makes up about _____ percent of your body weight.