**Chapter 16 Bell Ringers**

2/1/18:

Describe a sport or activity you enjoy playing. Tell what role you think your skeletal system plays in this activity.

2/5/18:

What are the 3 main jobs of our skeletal system?

2/6/18:

What are the 4 types of joints? Give an example of one joint in your body and its location.

2/7/18:

What holds your bones stay in place at the joint?

How is muscle attached to the bones in your body?

2/14/18:

Think about a time when you had muscle aches or pain. What did you do to help relieve the symptoms?

2/21/18:

What can you do to keep your heart healthy?

2/27/18:

Write about a time when you felt out of breath. Tell what caused this and what, if anything, you did to get your breath back.

2/28/18:

What is external respiration?

What is internal respiration?