

LO: I can explain how the human skeleton grows from birth to adulthood

<https://www.bbc.com/education/clips/zmptsbk>

<https://www.bbc.com/education/clips/zt8y7hv>

Begin this video from 1.38

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- **How Bones Grow**

- When you were a baby, you had tiny hands, tiny feet, and tiny everything! Slowly, as you grew older, everything became a bit bigger, including your bones.
- A baby's body has about 300 bones at birth. These eventually fuse (grow together) to form the 206 bones that adults have. Some of a baby's bones are made entirely of a special material called **cartilage**(say: KAR-tel-ij). Other bones in a baby are partly made of cartilage. This cartilage is soft and flexible. During childhood, as you are growing, the cartilage grows and is slowly replaced by bone, with help from calcium.
- By the time you are about 25, this process will be complete. After this happens, there can be no more growth — the bones are as big as they will ever be. All of these bones make up a skeleton that is both very strong and very light.

The growth of your skeleton from birth to adulthood.



1. A baby is born with 300 bones. The head is soft and a lot of the bones have not joined together.
2. A toddler's skull begins to fuse and they begin walking.
3. Cartilage starts changing into bones with the help of calcium.
4. During the teenage years, growth spurts take place.
5. The bones have nearly finished joining together and will soon be fully grown.
6. At 25, the bones have completely fused together and there are now 206, growth has stopped.
7. During middle age, your bones begin to weaken and soften.
8. In old age the bones become quite brittle and the spine can become curved.