



Mechanics of Movement Lessons

Websites

The Human Body (General)

[Human Anatomy Online](#)

This site provides information on several body systems and includes images, animations, and descriptions.

(<http://www.innerbody.com/htm/body.html>)

[Kid Info: Reference Resources](#)

This exceptional site for teachers and students contains links to excellent websites about the human body.

(http://www.kidinfo.com/Health/Human_Body.html)

The Muscular System

[Your Multi-talented Muscles](#)

This kid-friendly site contains detailed information about the muscular system.

(http://www.kidshealth.org/kid/body/muscles_noSW.html)

The Skeletal System

[Bone Biology for Kids](#)

This interactive site offers an animation which demonstrates how bone is continuously broken down and built back up.

(<http://depts.washington.edu/bonebio/bonAbout/remod/remod.html>)

[The Big Story on Bones](#)

This comprehensive site for students and teachers contains in-depth information about the structure and growth of bones, the different types of bones and joints, and tips on caring for bones.

(<http://kidshealth.org/kid/htbw/bones.html>)

[Joint X-Rays](#)

This site contains X-ray images of the elbow joint.

(http://www.maitriseorthop.com/corpusmaitri/orthopaedic/mo77_dumontier/index_us.shtml)



[The Living Skeleton: A Tour of Human Bones](#)

This site contains many X-ray images of joints that could be printed for use in the Science Center. (<http://www.accessexcellence.org/RC/VL/xrays/>)

The Nervous System

[Brain and Nervous System](#)

This kid-friendly site provides background knowledge on the brain and nervous system. It also details diseases, conditions, and disorders of the nervous system.
(http://kidshealth.org/parent/general/body_basics/brain_nervous_system.html)

[The Nervous System](#)

This site provides detailed information on the nervous system for teachers who want to explore the nervous system in more depth.
(<http://www.emc.maricopa.edu/faculty/farabee/BIOBK/BioBookNERV.html>)

[Neurological Disorder Resources](#)

This comprehensive site provides links for more information on a variety of neurological disorders including Alzheimer's disease, Bell's Palsy, Huntington's disease, and Parkinson's disease.
(<http://faculty.washington.edu/chudler/disorders.html>)

[Neuroscience for Kids](#)

Students can independently explore the nervous system through this site. Contains experiments, lesson plans, demonstrations, and games to help students learn about the nervous system.
(<http://faculty.washington.edu/chudler/neurok.html>)

[Newton's Apple: Reflexes](#)

Provides information on reflexes and activities students can do to test their reflexes.
(<http://www.newtonsapple.tv/TeacherGuide.php?id=1423>)



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Books

The Human Body

Discovery: Bodyworks

By Dr. Nick Graham and Richard Walker. (2000, Silver Dolphin)

This 48-page book captures the interest of young students with color photographs, pull tabs, and flaps as it introduces them to the complex functions of the human body.

Encyclopedia of the Human Body

By Richard Walker. (2002, DK Children)

Almost 900 clearly labeled and captioned full-color illustrations, photographs, models, diagrams, and electron micrographs are included in this book. It is divided into five sections: "Working Parts," "Moving Framework," "Control and Sensation," "Supply and Maintenance," and "New Generations."

Eyewitness: Human Body (Eyewitness Books)

By Steve Parker. (1999, DK Children)

This book provides overviews of the major systems of the human body and includes simple activities that children can do on their own. Conversational in tone, it features two-page spreads with good quality full-color photographs and informative captions.

The Human Body

By Lawrence Lorimer. (1999, Reader's Digest Children's Publishing)

This age-appropriate book provides a fascinating see-through view of how the human body works. With the help of intricately painted windows, students uncover the structures and systems of the human body, layer by layer, as each page is turned.



The Muscular and Skeletal Systems

Bones: Our Skeletal System

By Seymour Simon. (2000, HarperCollins)

This excellent book contains amazing facts about the 206 bones that make up the skeleton. It blends exceptional full-color photographs with clear, concise text.

Eyewitness Skeleton (Eyewitness Books)

By Steve Parker and Philip Dowell. (2004, DK Children)

In this age-appropriate book, the structure and function of the human skeleton are described in detail. Comparisons are also made between the human skeleton and skeletons of other animals.

Muscles: Our Muscular System

By Seymour Simon. (2000, HarperCollins)

This book details the three kinds of muscles, their functions, and the effects of exercise on them. The text is supported by spectacular photographs and detailed drawings of muscle tissue.

DVDs

Bones and Muscles (Bill Nye the Science Guy Series: Classroom Edition)

(Disney Educational Productions, 2000)

Bill Nye covers the skeletal and muscular systems, including x-rays, how broken bones heal, and how the body's joints work.

The Nervous System

The Brain: Our Nervous System

By Seymour Simon. (2006, Collins)

This age-appropriate book uses stunningly detailed photographs to present the brain and nervous system.



I Wonder Why I Blink: and Other Questions About My Body

By Brigid Avison. (2003, Kingfisher Books)

This book for early elementary readers addresses basic physiology, such as why we have bones, why we need food, and how the body grows, in a simple question-and-answer format.

What Makes You Cough, Sneeze, Burp, Hiccup, Blink, Yawn, Sweat, and Shiver? (My Health)

By Jean Stangl. (2000, Children's Press)

This age-appropriate book explains why reflexes occur, with illustrations to help show what is happening internally when these bodily actions take place.

Why I Cough, Sneeze, Shiver, Hiccup, Yawn

By Melvin Berger and Paul Meisel. (2000, Collins)

Simple explanations for some of the reflexes of the human body are provided in this book for elementary readers.

DVDs

Brain (Bill Nye the Science Guy Series: Classroom Edition)

(Disney Educational Productions, 1995)

In this thought-provoking video, some tricky optical illusions show that the brain does not always correctly interpret what it sees.