



MY BODY Inside and Out!



What Happens When I Move?



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What Happens When I Move?



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Ruby Tuesday Books





Published in 2014 by Ruby Tuesday Books Ltd.

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Editor: Mark J. Sachner

Designers: Tammy West and Emma Randall

Photo credits:

Science Photo Library: 11 (bottom), 15 (bottom);
Shutterstock: 1, 4–5, 6–7, 8–9, 10, 11 (top), 12–13, 14,
15 (top), 16–17, 18–19, 20–21, 22–23; Superstock: Cover.

Library of Congress Control Number: 2013908617

ISBN 978-1-909673-29-8

Printed and published in the United States of America

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Words shown in **bold** in the text are explained in the glossary.



On the Move

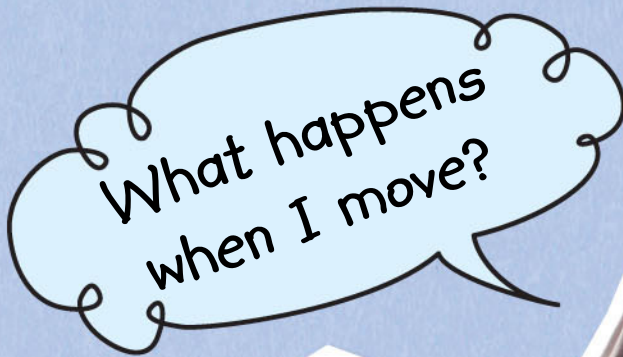


Every day, you make thousands of different movements.

Did you know that each one begins with your **brain**?

Before you throw a ball or take a step, your brain sends instructions to your body.

Then a team of different body parts makes that movement happen. Let's check it out.







Bones for Movement

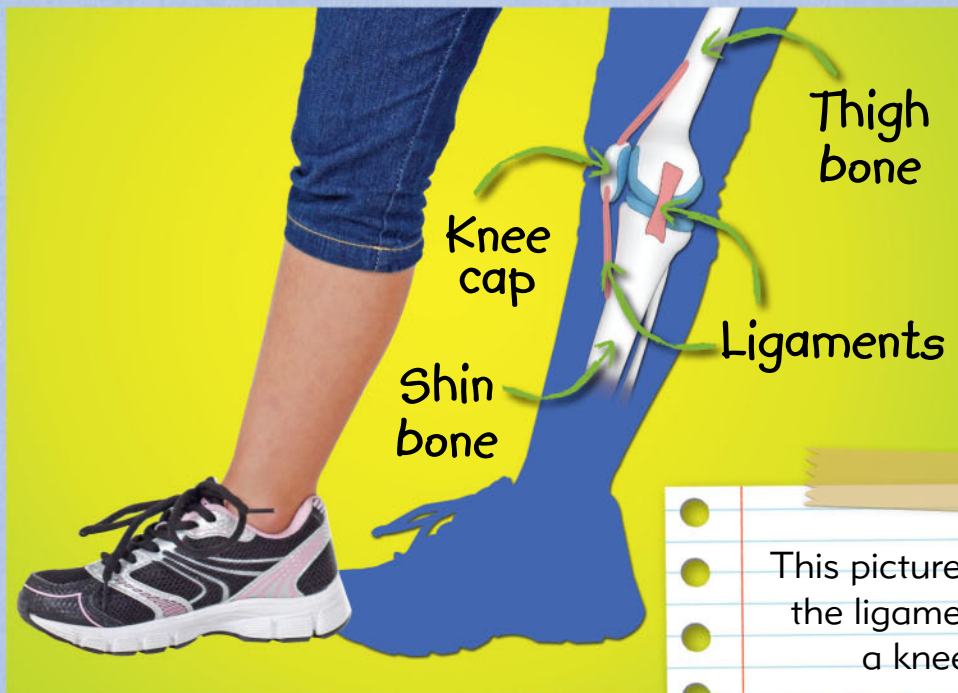


When you run, swim, or shoot a basketball, you are using your **bones, joints, and muscles**.

Your bones make a strong framework for your body called a **skeleton**.

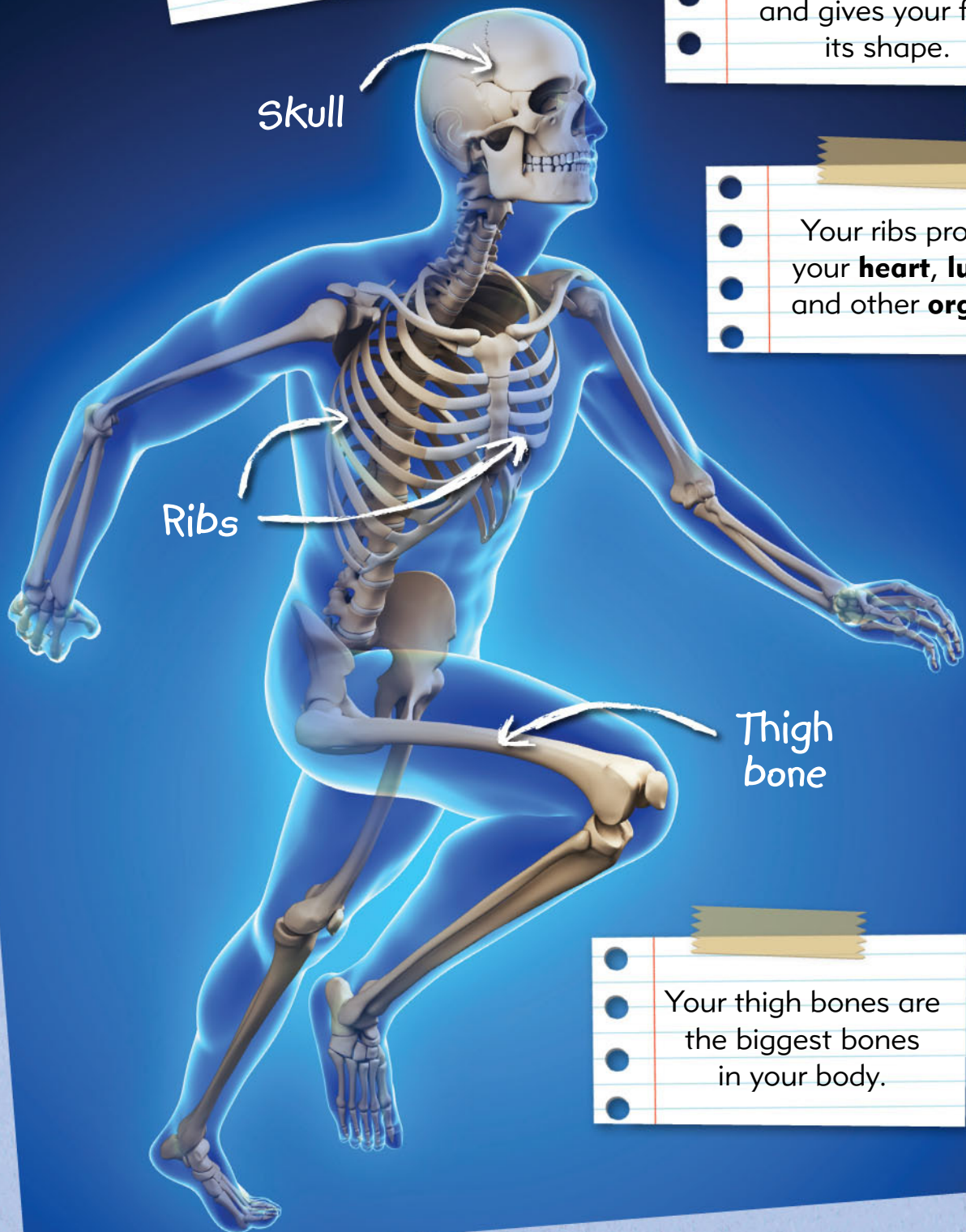
Without your skeleton, you'd be a saggy bag of body parts that couldn't move!

Your bones are joined to each other by pieces of stretchy **tissue** called **ligaments**.



This picture shows the ligaments in a knee.

A skeleton



Skull

Ribs

Thigh
bone

Your hard skull protects your brain and gives your face its shape.

Your ribs protect your **heart, lungs,** and other **organs.**

Your thigh bones are the biggest bones in your body.



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Read More

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*Look Inside: Your Skeleton
and Muscles (TIME For
Kids Nonfiction Readers).*

Huntington Beach, CA:

Teacher Created Materials
(2012).

Wood, Lily.

Skeletons. New York:
Scholastic (2011).

Learn More Online

To learn more about what happens when you move, go to
www.rubytuesdaybooks.com/mybodymove

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MY BODY Inside and Out!



What Happens When I Move?



From walking to smiling, throwing a ball to running a race, you are constantly making movements. Find out how your bones, muscles, brain, heart, and many other body parts keep you on the move every day.



Titles in this series

What Happens When I Eat?

What Happens When I Grow?

What Happens When I Move?

What Happens When I Sleep?



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