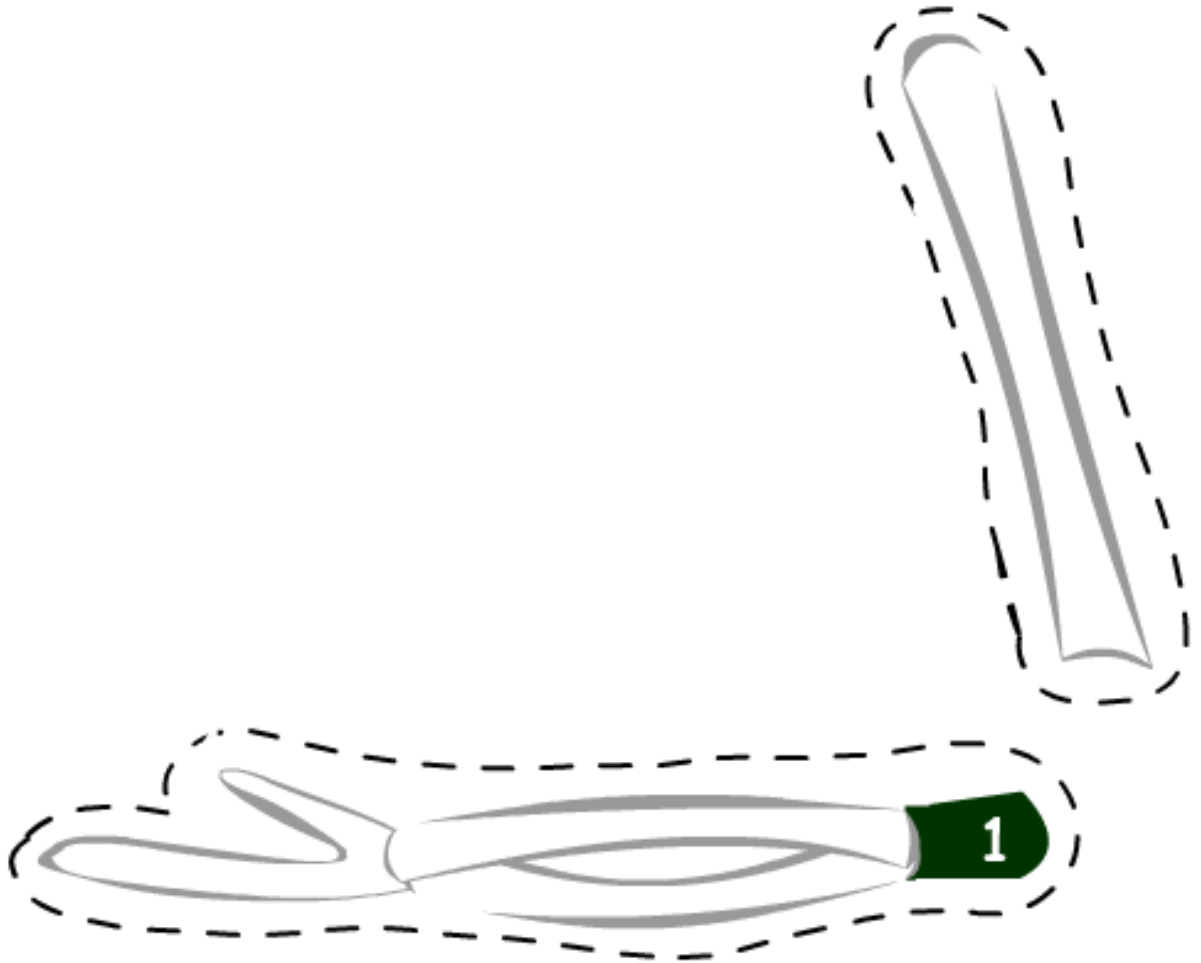


Make a Moving Joint

Joints and Muscles



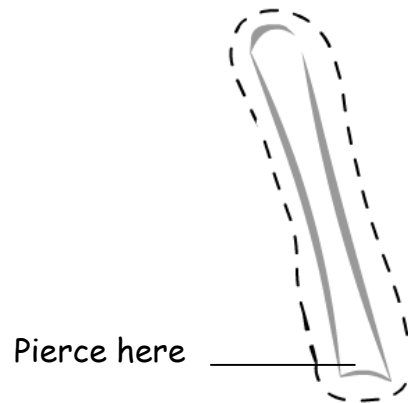
You will need the following:

- 1 Piece of thin card
- Glue
- 1 Split pin
- Skewer
- 2 Elastic bands
- Strong tape

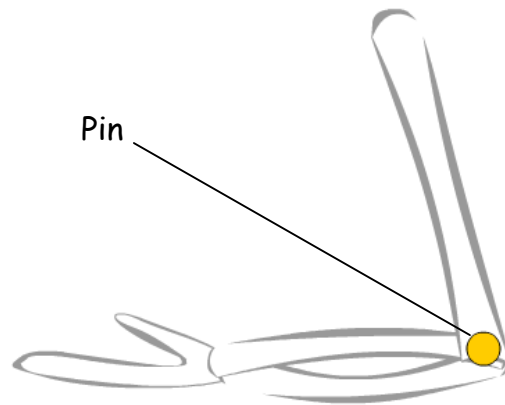
1. Glue the above bones to the card.
2. When the glue is dry, cut out the bones following the dotted line.



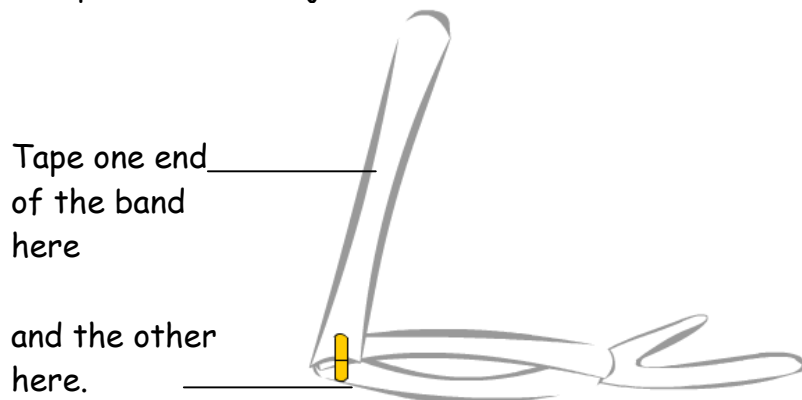
3. Ask an adult to pierce a hole using the skewer through the number 1 on the lower arm and the following point in the upper arm:



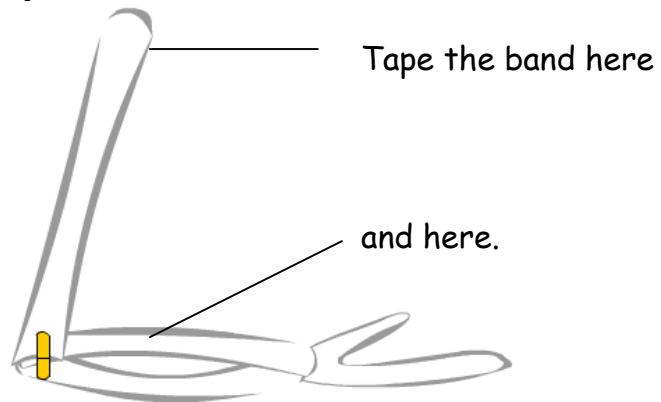
4. Push the pin through the hole in the upper arm and slide the lower arm on to join it. Split the ends of the pin and flatten them to the card. The joint should look like this:



5. Turn the joint over so you are looking at the back, take the 1 elastic band and the tape. Tape the elastic band in the following position on the joint:



6. Take the other elastic band and tape to the following positions and the back of the joint:



7. When you have finished, hold the upper arm and move the lower up and down, you will see the elastic bands relax and contract like the muscles in your arm.