With your own paper,

Fold the paper in half “hotdog” style to the margin of the paper, so you still have holes to clip it in your notebook later.

Cut the paper so that it has 4 flaps.

1. **Skeleton Support**

* **Cartilage,** a dense connective tissue, is found at the end of bones and is made of tough [protein](https://www.ck12.org/c/physical-science/protein) fibers. Cartilage creates smooth surfaces for the movement of bones that are next to each other, like the bones of the knee.
* **Ligaments** are made of tough [protein](https://www.ck12.org/c/physical-science/protein) fibers and connect bones to each other. Your bones, cartilage, and ligaments make up your **skeletal system**.

#### Functions of Bones

* Support. The skeleton supports the body against the pull of gravity, meaning you don't fall over when you stand up. The large bones of the lower limbs support the rest of the body when standing.
* Protection. The skeleton supports and protects the soft organs of the body. For example, the skull surrounds the brain to protect it from injury. The bones of the rib cage help protect the [heart](https://www.ck12.org/c/biology/heart) and lungs.
* Movement. Bones work together with [muscles](https://www.ck12.org/c/biology/muscles) to move the body.
* Making [blood](https://www.ck12.org/c/biology/blood) [cells](https://www.ck12.org/c/biology/cells). Blood cells are mostly made inside certain types of bones.
* Storage. Bones store calcium. They contain more calcium than any other organ. Calcium is released by the bones when [blood](https://www.ck12.org/c/biology/blood) levels of calcium drop too low. The mineral, phosphorus is also stored in bones.

#### Structure of Bones

The two main types of bone tissue are **compact bone** and **spongy bone** (**Figure** [below](https://www.ck12.org/c/life-science/skeletal-system/lesson/Human-Skeletal-System-MS-LS/?collectionCreatorID=3&collectionHandle=life-science&conceptCollectionHandle=life-science-%3A%3A-skeletal-system#x-ck12-TVNMUy0xNi0xMy10aXNzdWVzLWluLWJvbmU.)).

* **Compact bone** makes up the dense outer layer of bones.
* **Spongy bone** is found at the center of the bone and is lighter and more porous than compact bone.

1. **Visuals**

