Name: _____ Date: _____

The Little Shield on Your Knee

Circle group

Bend your leg. Touch the front of your knee. You will feel a hard, round bump. It is your kneecap.

A kneecap is a small bone. It sits in front of the knee joint like a shield. Your knee is where your leg bends. Big leg bones meet inside it. They need to be safe when you crawl or fall.

The kneecap has another job. Strong cords called tendons join to it. Your leg muscles pull. Your leg gets straight. You can kick a ball.

A baby has a soft kneecap. It turns hard as the child grows.

Questions

1. Where is your kneecap?

_____

_____

2. What is a kneecap?

_____

_____

3. What do tendons do?

_____

_____

4. What is a baby's kneecap like?

_____

_____

5. Why might a skater wear knee pads?

_____

_____

Words to know

kneecap: the small round bone at the front of your knee
joint: a place where two bones meet and can bend
shield: something that keeps you safe from harm

tendons: strong cords that join muscles to bones

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

The Little Shield on Your Knee

Triangle group

Bend your leg and touch the front of your knee. You will feel a round, hard bump. That is your kneecap.

A kneecap is a small bone. It sits in front of the knee joint like a shield. The knee is the place where your leg bends. Inside it, the big leg bones meet. They need protection when you crawl, kneel, or take a tumble.

The kneecap does more than guard the joint. Strong cords called tendons connect to it. When your leg muscles pull, the kneecap helps your leg straighten. That is how you kick a ball or climb a stair.

A baby has a soft kneecap that is not yet all bone. As the child grows, it slowly gets hard.

Questions

1. Where is your kneecap?

_____

_____

2. What is a kneecap?

_____

_____

3. What do tendons do?

_____

_____

4. What is a baby's kneecap like?

_____

_____

5. Why might a skater wear knee pads?

_____

_____

Words to know

kneecap: the small round bone at the front of your knee
joint: a place where two bones meet and can bend
shield: something that keeps you safe from harm
tendons: strong cords that join muscles to bones
kneel: rest on your knees

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

The Little Shield on Your Knee

Square group

Bend your leg and gently touch the front of your knee. You will feel a round, hard bump, and that bump is your kneecap.

The kneecap is a small bone that sits in front of the knee joint, much like a shield. The knee is the place where your leg bends, and inside it the large leg bones come together. Those bones need protection whenever you crawl, kneel, or take an unexpected tumble.

However, the kneecap does far more than guard the joint. Strong cords called tendons are connected to it, and when your leg muscles pull, the kneecap helps your leg straighten. That is how you are able to kick a ball or climb a flight of stairs.

A baby has a soft kneecap that is not yet completely bone. As the child grows older, it gradually becomes hard.

Questions

1. Where can you feel your kneecap?

_____

_____

2. What is a kneecap, and where does it sit?

_____

_____

3. What happens when your leg muscles pull on the tendons?

_____

_____

4. How is a baby's kneecap different from an older child's?

_____

_____

5. Why might a skater wear knee pads?

_____

_____

Words to know

kneecap: the small round bone at the front of your knee
joint: a place where two bones meet and can bend
shield: something that keeps you safe from harm
tendons: strong cords that join muscles to bones
kneel: rest on your knees

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: The Little Shield on Your Knee

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: The Little Shield on Your Knee

Easier · 98 words · Flesch-Kincaid grade -0.2

1. At the front of your knee.
2. A small bone like a shield in front of the knee joint.
3. They join to the kneecap so your leg muscles can pull and make your leg straight.
4. It is soft.
5. Falls can hurt the knee, and pads help keep it safe.

Triangle: The Little Shield on Your Knee

This passage · 122 words · Flesch-Kincaid grade 1.2

1. At the front of your knee.
2. A small bone that sits in front of the knee joint.
3. They connect to the kneecap so your leg muscles can pull and straighten your leg.
4. It is soft and not all bone yet.
5. Falls can bump the knee, and pads add more protection.

Square: The Little Shield on Your Knee

Harder · 140 words · Flesch-Kincaid grade 4.6

1. At the front of your knee.
2. A small bone that sits in front of the knee joint like a shield.
3. The kneecap helps your leg straighten.
4. It is soft and not yet completely bone.
5. Falls can bump the knee, and pads add extra protection.