How Birds Fly

Bird's Body Designed for Flying

Birds have a special body structure that helps them fly easily.

Features that help birds fly:

- Pair of wings – Used for flapping and lifting off.
- Strong flight muscles – Provide power to the wings.
- Light, hollow bones – Make the body light and easy to lift.
- Streamlined body –

Thin in the front and broad in the middle. Reduces air resistance.

Feathers on the body and tail – Help in flying and balancing.

Wing Movements (Strokes)

Birds fly by moving their wings in two special ways:

Upstroke:

Upward and backward movement of the wings.

Helps the bird gain height.

Downstroke:

Downward and forward movement of the wings.

Helps the bird push forward.

Role of the Tail

The tail helps the bird:

- Change directions while flying.
- Maintain balance in the air.

Key Points to Remember

- Hollow bones make birds light.

- Strong muscles provide power for flying.
- Tail helps in changing direction and balancing.
- Upstroke + Downstroke = Flying motion.

Tip for Students:

To remember how birds fly, think of **W-B-M-T:**

Wings → Bones & Muscles → Movements (strokes) → Tail