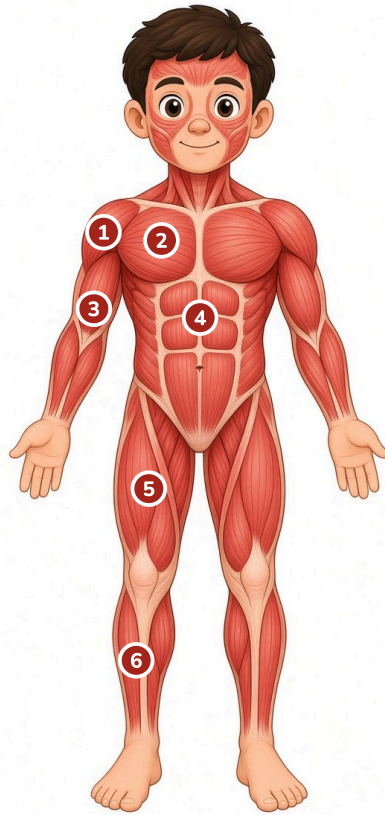




Instructions: Use the word bank to label the diagram. Read the Did you know? box. Number the 4 discoveries in order, tick True or False, match each word to its meaning, then write short answers.

Word bank (body parts): Abdominals Biceps Calf Deltoid Pectorals Quadriceps

1. Label the diagram



1 _____ 2 _____ 3 _____ 4 _____
5 _____ 6 _____

Did you know?

- You have more than 600 muscles.
- Your heart muscle beats about 100,000 times a day.
- The masseter in your jaw is the strongest muscle for its size.



Tayo with his anatomy model

About this topic

You have more than 600 muscles. Muscles are made of long cells called muscle fibres that can contract (get shorter). When a muscle contracts it pulls. Muscles can only pull, never push. Muscles make up around a third to two-fifths of your body weight.

2. Put the discoveries in order

Write 1 to 4 in the boxes (1 = first).

- | | |
|---|--|
| ☐ Galvani: electricity makes muscles twitch | ☐ Galen shows nerves control muscles |
| ☐ Sliding filament theory explains contraction | ☐ Hill wins a Nobel Prize for muscle research |

3. True or false?

Muscles can push and pull.	☐ True	☐ False
Tendons join muscles to bones.	☐ True	☐ False
Smooth muscle is in the stomach wall.	☐ True	☐ False
The biceps straightens your arm.	☐ True	☐ False

4. Match up

Write the letter of the right meaning in the box.

Contract	A. A muscle you can control on purpose.
Tendon	B. When a muscle gets shorter and pulls.
Voluntary	C. A muscle that works without you thinking.
Involuntary	D. A tough cord joining a muscle to a bone.

5. Short answers

- Name the three types of muscle.

- Which muscle never stops working?

- What food helps muscles grow and repair?

- Explain in your own words: In your own words, explain why muscles must work in pairs.

- Stretch: Explain the difference between voluntary and involuntary muscles, with an example of each.

