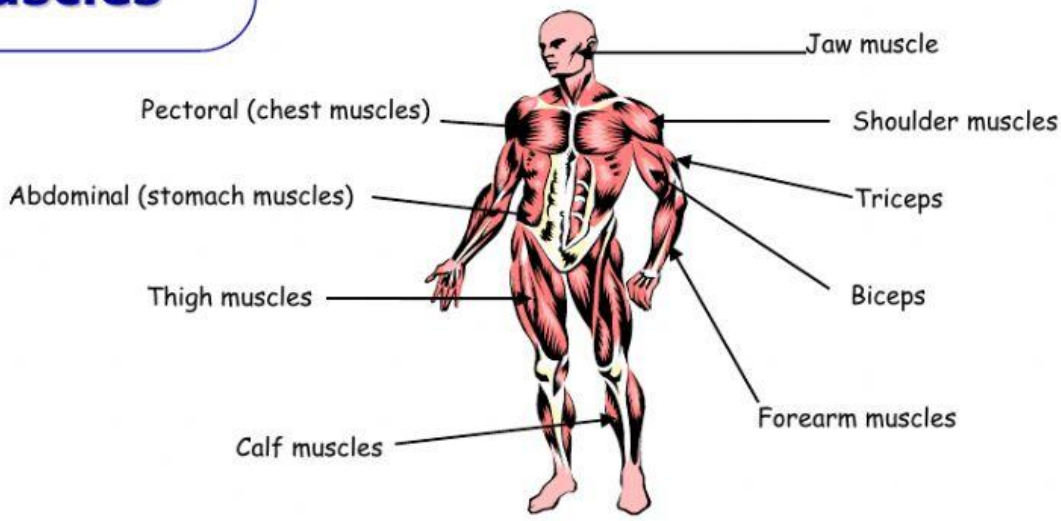
Identifying and using muscles

Some of the body's main muscles



Complete the table by identifying the **main** muscles used when carrying out the following everyday household activities and jobs:

EXERCISE/ACTIVITY	MUSCLES USED
walking up stairs	
drinking	
washing the dishes	
vacuum cleaning	
brushing your teeth	
flushing the toilet	
getting out of bed	
opening a door	

Answer the following questions by writing each answer in the text box.

1) What happens to a muscle when it contracts?

2) What are all of our muscles attached to?

3) Explain two ways by which we can keep our muscles strong and healthy.

LIVEWORKSHEETS