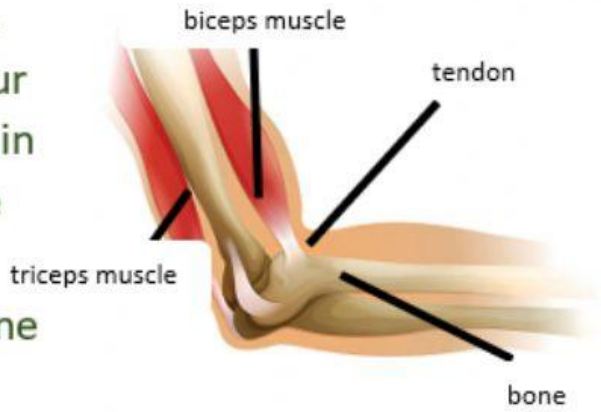
HOW DO MUSCLES WORK?

Read and match the question with the correct answer

Muscles are made of tissue. Tendons join muscles to your bones. Many muscles work in pairs. One muscle move the bone in one direction. The other muscle moves the bone in the other direction.



When you bend your arm, your bíceps muscle contracts and your triceps muscle relaxes. When you straighten your arm, your bicepst muscle relaxes and your triceps muscle contracts.

Muscles also work in this way when you walk, kick a ball or use your fingers to pick something up.



1.-What happen when you bend your arm?

2.-When do you use your mucles?

3.-What do tendons do?

a) You use your muscles when you walk, kick a ball or use your fingers to pick something up.

b) They join muscles to your bones.

c) Your biceps muscle contracts and your triceps muscle relaxes.

LIVEWORKSHEETS