

Name: _____

Subject: IDU

Topic: The Muscular System Pt. I

The muscles in our bodies help us move. Muscles are made up of a special kind of elastic tissue. Muscles are attached to bones.

Your bones and muscles work together. They help you sit, stand, walk and run. Muscles change shape as you use them.

They can get shorter or longer. There are many different kinds of muscles in our bodies (arm muscles, shoulder muscles, stomach muscles, and leg muscles).



Write the correct answer. (use the notes above)

1. Muscles help us to _____.

2. Muscles are attached to _____.

3. Muscles are made from a special type of _____.

4. Name three places where muscles are in the body

_____, _____, and _____.

5. Muscles help us to _____, _____ and
_____.