

Name: _____



Subject: IDU

Topic: The Muscular System (How do muscles work?) Pt. 2

We know that our muscles change shape as we use them. They can get shorter or longer. When one muscle gets shorter, it pulls on the bone it is joined to. That makes the bone move one way.

Another muscle pulls the bone the other way. When the muscle is long and thin the muscle is **relaxed**. When the muscle is short and thick the muscle is **contracted**.

Choose the correct answer:

1. The muscle _____, because it is _____ and _____.



2. The muscle _____ because it is _____ and _____.

