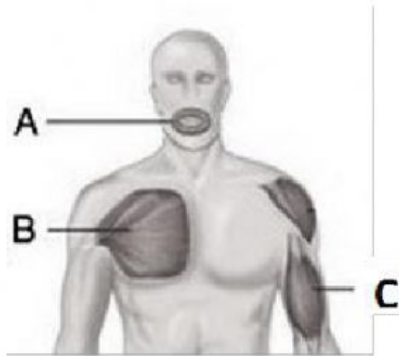




## “Movements - Muscles”

- 1- Observe the document then indicate the shape of each muscle by writing its letter in the correct place.



- ☐ Spindle-shaped muscle
- ☐ Fan-shaped muscle
- ☐ Circular muscle

- 2- Choose "true" or "false" for each statement.

- The muscles are under the bones. ☐

- The muscles allow the body to move. ☐

- When the biceps contracts, it becomes hard. ☐

- 3- Drag and drop.

☐ I attach the muscles to the bones. I'm the

☐ I am the upper muscle of the arm. I am the

☐ I am the bulging part of the biceps. I'm the

belly

biceps

triceps

Tendons

4- Check the correct answer for the name of this movement:

a)



flexion

extension

biceps

b) Choose the correct answer for each box in the table:

During this movement, this muscle becomes:

<b>The biceps</b>	Hard / Soft	Shorter / Longer	Relaxed / Contracted
<b>The triceps</b>	Hard / Soft	Shorter / Longer	Relaxed / Contracted

c) Write the answer: The 2 muscles of the arm have opposite actions so they are called:

muscles

5- Drag the X to cross out the intruder:

☐ Muscle - relaxed - soft - scapula



☐ Extension - skull - triceps - contract



Do your Best

