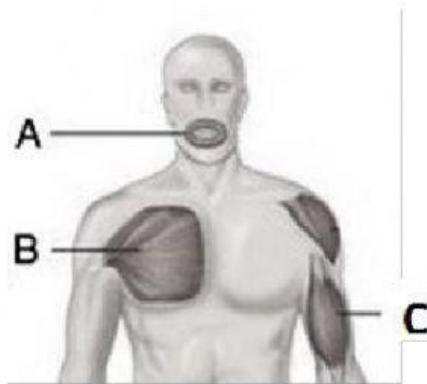




## “Movements - Muscles”

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:

The biceps	Hard / Soft	Shorter / Longer	Relaxed / Contracted
The triceps	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  
Ooo.

