

# Muscles!

1) Watch the video and choose the correct option.

- |                                                      |                             |   |
|------------------------------------------------------|-----------------------------|---|
| a. When you move a muscle, it contracts and relaxes. | T                           | F |
| b. Bones and muscles give our body...                | Health<br>Shape<br>Movement |   |
| c. Muscles are hard, like bones.                     | T                           | F |
| d. The biceps muscle is in your upper arm.           | T                           | F |
| e. Bones can move on their own.                      | T                           | F |