



HUMAN BODY DETECTIVE

MISSION TO UNCOVER BODY MOVEMENT SECRETS

Grade 7 Science | Human Movement System



Name : _____ Group: _____ Class : _____

CASE FILE

Humans can walk, run, bend elbows, raise hands, even move fingers. But who is working behind all these movements?

After understanding the teacher's explanation, now prove that you can be a **HUMAN BODY DETECTIVE!**

Observe,
Understand,
Find,
Answer!

MISSION 1

JOINT DETECTIVE –
“WHICH JOINT IS WORKING?”

±5 menit

MOVE IT!

Perform the following movements with your group.
Determine the types of joints.

No.	Movement	Joint Type
1	Looking left and right	_____
2	Bending elbow	_____
3	Rotating arm from shoulder	_____
4	Moving thumb	_____

Pilihan:

- Hinge Joint
- Pivot Joint
- Ball and Socket Joint
- Saddle Joint

DETECTIVE CLUE

Sendi berfungsi sebagai tempat _____
sehingga dapat melakukan _____.

MISSION 2

MUSCLE SPY –
“CATCH MUSCLE AT WORK!”

±6 menit

Place your hand on your upper arm.
Bend elbow → then straighten elbow → .
Feel the changes in your muscle.

Movement	Biceps	Triceps
Elbow bent 	☐ Contract ☐ Relax	☐ Contract ☐ Relax
Elbow straightened 	☐ Contract ☐ Relax	☐ Contract ☐ Relax

CASE QUESTION

Biceps and triceps are called antagonist muscles because...

CLUE: Pay attention to what happens to both muscles when performing opposing movements.

MISSION 3

FOLLOW THE MOVEMENT

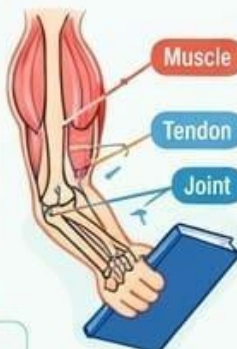
±5 menit

Imagine you are lifting a book from the desk.
Match the body parts with their correct functions.

Part	Function
Bone	☐ Connects muscle to bone
Joint	☐ Produces force to move the body
Muscle	☐ The meeting point of two bones
Tendon	☐ Supports the body and is a muscle attachment site

BUILD THE LOGIC

Complete:
Bone + _____ + _____ → Movement



QUICK CHECK

Mark ✓ for the correct statement.

- ☐ Muscle can pull bone.
- ☐ Tendon connects bone to bone.
- ☐ Joints help facilitate bone movement.
- ☐ Biceps and triceps work antagonistically.

You Can Do It!