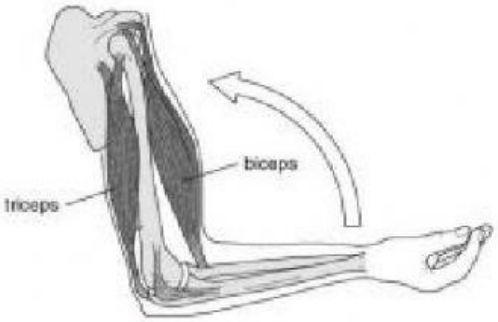
Name: _____ Class: _____

Muscles and bones Quiz

The diagram shows the bones and muscles of a human arm.



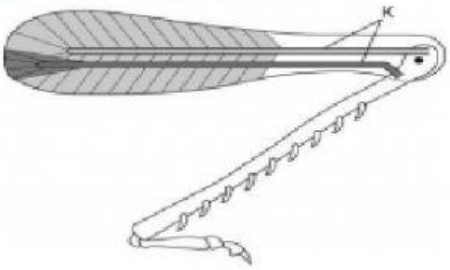
Describe, in good English, how the muscles in your upper arm lift the lower arm as shown in the diagram.

_____

_____

_____

The diagram shows two muscles inside the leg of a grasshopper. The big muscle is shown as light grey and the small muscle is shown as dark grey.



a What are the structures labelled K? Tick *one* box.

- [ ] A bones
- [ ] B ligaments
- [ ] C tendons
- [ ] D muscles

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b What is the name given to a pair of muscles having opposite effects? Tick *one* box.

- [ ] A complementary muscles
- [ ] B antagonistic pairs
- [ ] C contracted muscles
- [ ] D diagonal pairs

Why do muscles work in pairs?

_____

The action of muscles is controlled by:

A blood from the circulatory system.

B thoughts from the brain.

C movements of the locomotor system.

D impulses from the nervous system.

Ravi is measuring the force of his hand grip. The units he should use to record his measurements are:

A kilograms. **B** metres.

C beats per minute. **D** newtons.

When standing, your quadriceps muscle swings your lower leg forwards but not backwards. Why?

A Your lower leg can't swing backwards.

B The quadriceps muscle can only pull in one direction.

C The quadriceps muscle can only push in one direction.

D The quadriceps muscle is too weak.

Larger bones often have spaces inside them so that:

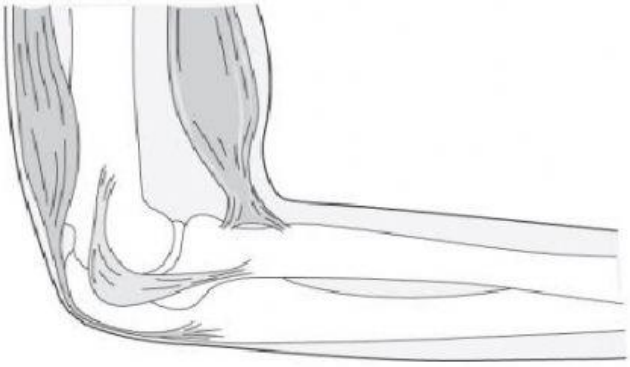
A they can be filled with blood.

B they can be filled with air.

C they can be broken more easily.

D they are lighter to move.

Label the diagram with as much information as you can about the muscles and bones in joints.



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