Sequence	What happens	Breathing in (inhalation)	Breathing out (exhalation)
1.	Intercostal muscles *(contract/relax)*		
2.	Ribs move *(up/down)*		
3.	Diaphragm muscles *(contract/relax)*		
4.	Diaphragm *(raised/lowers)*		
5.	Volume of the chest *(increases/decreases)*		
6.	Pressure in the chest *(increases/decreases)*		
7.	Air pressure in the lungs is *(greater/lower)* than the atmospheric pressure.		
8.	Air rushes *(in/out)* of the lungs.		

Word Bank - Note they can be used more than once!

CONTRACT **UP** **RAISED** **DOWN** **INCREASES**

DECREASES **LOWERS** **RELAX** **IN** **GREATER**

LOWER **OUT**

LIVEWORKSHEETS