

> 1.3 Skeletons and movement

Focus

- 1 Complete the sentences to explain how the muscles in your arm work. Use each of the words in the box once.

When I lift a weight, the muscle at the front of my arm

_____ and gets _____.

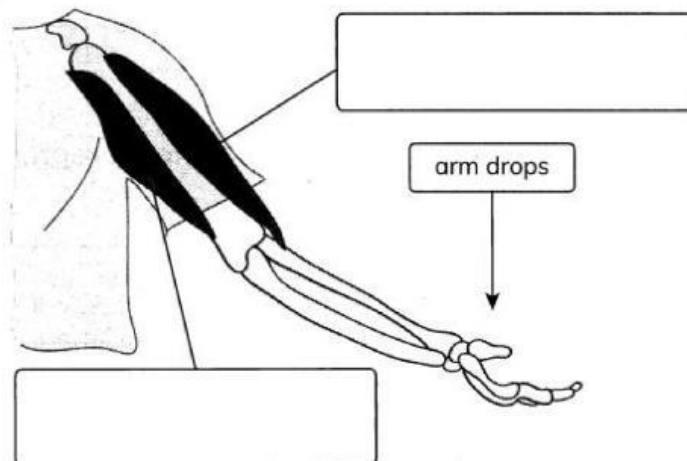
The muscle at the back of my arm _____

and gets _____. This shows that muscles

work in _____.

pairs shorter
contracts longer
relaxes

- 2 Label the drawing showing the changes in the arm muscles when you lower your arm.



Practice

- 3 Fill in the missing words to complete the sentences about how our muscles work.

Muscles work by _____ on the _____ they are joined to.

Muscles work in _____. When one muscle _____,

the other muscle _____. The muscle that contracts gets

_____. The muscle that relaxes gets _____.

4 Underline the word that makes each of the sentences true.

The muscle that is working **contracts/relaxes**.

The muscle that is resting **contracts/relaxes**.