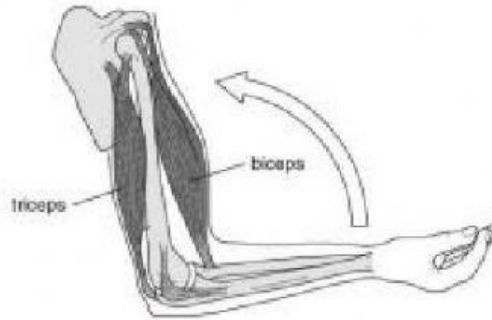


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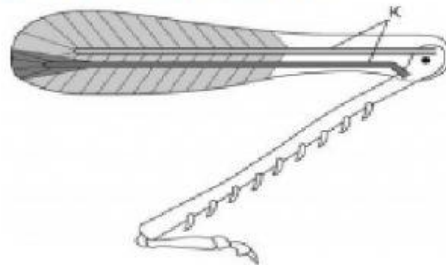
Muscles and bones Quiz

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

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.

