Name: _____

Date: _____

Topic: Muscles

The muscles in our bodies help us move. Muscles are attached to bones.

Your bones and muscles work together. They help you sit, stand, walk and run.

Muscles change shape as you use them. They can get shorter or longer. When one muscle gets shorter, it pulls on the bone it is joined to. This makes the bone move one way. Another muscle pulls the bone the other way.

There are many different kinds of muscles in our bodies (arm muscles, shoulder muscles, stomach muscles and leg muscles).

Use your notes to answer the following questions.

The _____ in our bodies help us move. Your _____and _____work together to help you sit, stand, walk and run. Muscles change shape and get _____or _____ as you use them. When muscles gets shorter they _____on the bone it is joined to. There are many different kinds of muscles in our bodies _____muscles, _____muscles, _____ muscles and _____muscles to name a few.

By: R. Higgs-Brown

LIVEWORKSHEETS