

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.