

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