

I. Why do we have muscles?

1. In order to move your body, you need both the _____ and the _____.

2. The muscular system consists of _____ and _____.

tendon heart brain muscle foot

heart	structure of organs	brain	muscle	foot
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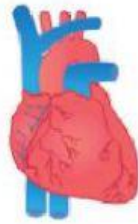
tendon heart brain muscle foot

tendon	voluntary	brain	muscle	foot
	involuntary			

involuntary	tendon	muscle	voluntary	muscular system
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involuntary	tendon	muscle	voluntary	muscular system
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9. Match each muscle with its type below.



involuntary muscle



voluntary muscle



involuntary muscle

10. Look at the muscle names. Write the part or parts of the body where each muscle can be found: **legs, abdomen, chest, arms, or shoulders.**

deltoids _____

quadriceps
femoris _____

biceps femoris _____

pectoralis
major _____

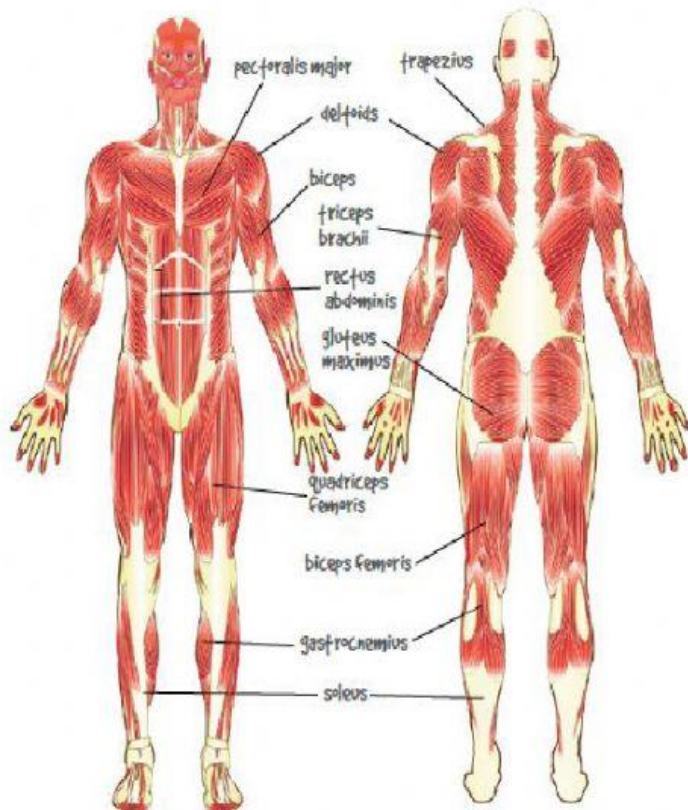
rectus
abdominis _____

gastrocnemius _____

triceps
brachii _____

soleus _____

trapezius _____



Use your memory to fill in the blanks with the correct words.

11. The muscular system consists of _____ and _____ which together with the skeletal system allow the body to move. There are two types of muscles: _____ and _____.
12. Match each movement with the correct muscle type.

voluntary muscles

• the heart beating

involuntary muscles

• kicking a soccer ball

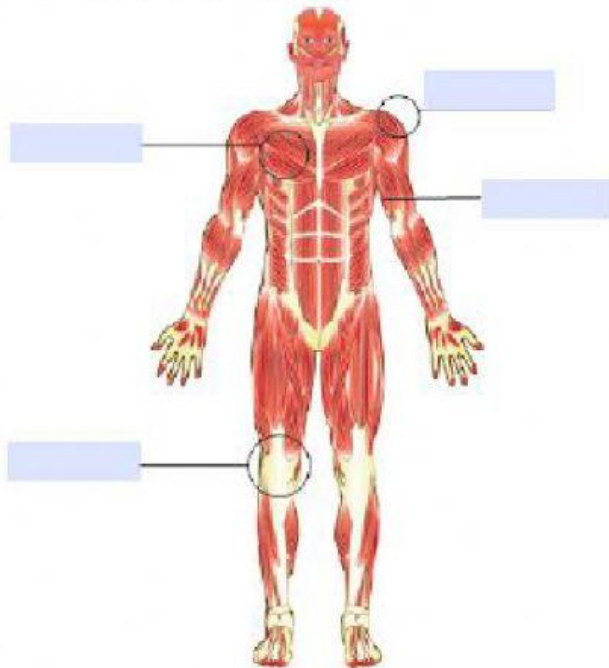
voluntary muscles

• digestion

involuntary muscles

• pedaling a bicycle

13. Write the names of the muscles.



II. How muscles move our bones?

Choose the correct word to complete each sentences.

14. Who work together to make our bodies move?

bones &
feet

tendon

voluntary
involuntary

muscular & skeleton
system

15. Muscles work in pairs: one _____ while the other _____.

16. The _____ connecting the bone to the contracting muscle pulls the bone and causes it to move.

bones &
feet

tendon

voluntary
involuntary

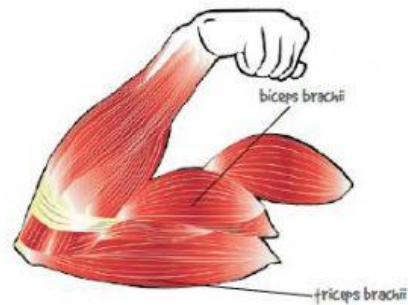
muscular & skeleton
system

17. Write "Tendons" or "Joints" to make each statement true.

_____ connect muscles and bones.

_____ connect bones to other bones.

18. Which muscle expands and which muscle contracts when the arm moves?



19. Can strengthen and develop our musculoskeletal system?

bones &
feet

Physical
activity

voluntary
involuntary

muscular & skeleton
system

20. What's a type of exercise you can do to strengthen your arms, back, and chest?

Riding a
bicycle

Running or
jogging

Swimming

Walking

21. What should you do to avoid injuries during physical exercise?

Running

Warm up

Cooling

Walking

Choose the correct word to complete each sentences.

22. The _____ system is composed of the skeletal system and the muscular system. The skeletal system is made up of _____ and joints. The muscular system is made up of muscles and _____.

23. Look at the picture. Explain the action of the indicated muscle when the girl squats down.



III. Who were the Maya?

Choose the correct answer each questions.

24. Was it one of the great civilizations of Mesoamerica?

Azteca
civilization

Maya
civilization

Greece
civilization

Inca
civilization

25. In what modern-day countries was the Maya civilization located?

26. When was the Classic Period of the Maya?

1500-200 CE

250-900 CE

950-1524 CE

27. Label the pyramid below according to Maya social hierarchies.



28. Choose the item that was not part of Maya agriculture and diet.



29. What was the primary food in the Maya civilization?

cotton

beans

corn

yucca

30. Who did the Maya trade with?
