

Science Daily activity 1 period 1

5th grade

Name: _____ Date: _____

Drag & drop the type of muscle on the line provided.

cardiac muscle	smooth muscle	skeletal muscle
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1. Which type of muscle is voluntary and located in the arms and legs?	
2. Which type of muscle is involuntary, located in the heart, and helps pump blood?	
3. Which type of muscle is involuntary and located in the stomach, esophagus, and intestines?	

The three major types of muscles in the body are:

- ☐ A) Smooth muscle, sports muscles, and skeletal muscles
- ☐ B) Smooth muscle, cardiac muscle, and skeletal muscle
- ☐ C) Smooth muscle, running muscle, and face muscles
- ☐ D) Smooth muscle, flexible muscle, and strength muscle

The muscle that pumps blood throughout your body is:

- ☐ A) Skeletal muscle
- ☐ B) Smooth muscle
- ☐ C) Valentine muscle
- ☐ D) Cardiac muscle

Skeletal muscles work with bones to give your body:

- ☐ A) Strength
- ☐ B) The ability to move
- ☐ C) Strength and the ability to move
- ☐ D) None of the above

When you make a muscle in your arm, you are flexing your:

- ☐ A) Pectorals
- ☐ B) Biceps
- ☐ C) Deltoids
- ☐ D) Rectus abdominus

Match the muscles with their functions:

- | | |
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| 1. It helps you move your shoulder. | A) Tendons |
| 2. It is found in the digestive system. | B) Smooth muscles |
| 3. It connects bones and muscles together. | C) Deltoid muscle |
| 4. These muscles are found on the front of your leg. | D) Rectus abdominus |
| 5. These muscles are found in your belly and sometimes called abs. | E) Quadriceps |

This type of muscle is attached to bone to allow for voluntary muscle movement.



Skeletal muscle



Smooth muscle



Cardiac muscle