DAILY Warm-Up 11

Name _____ Date _____

# THE MUSCULAR SYSTEM

We all use our muscles to move our bodies. Without muscles, you would not be able to talk, eat, walk, sleep, or move at all. There are over 650 muscles that your body uses. These muscles are attached to the skeleton.

There are three types of muscles. They are the skeletal muscles, the cardiac muscles, and the smooth muscles. All of these muscles can tighten.

Some of these are voluntary muscles, and others are involuntary muscles. Voluntary muscles move only when we think about it. The muscles in our arms and legs work like this.

Involuntary muscles move when we aren't even thinking about it. The heart is an example of an involuntary muscle. If we had to think about it to make our heart beat, we might forget.

## STORY QUESTIONS

1. Doctors who work with the muscles would be most interested in a machine that . . .
   a. helps damaged muscles move.
   b. explains the function of each muscle.
   c. demonstrates how muscles work.
   d. takes pictures of muscles.

2. According to the passage, how do involuntary muscles differ from voluntary muscles?
   a. There is no difference.
   b. They work together to get the heart moving.
   c. We move involuntary muscles without thinking about it.
   d. Voluntary muscles move on their own.

3. What is the main idea of the passage?
   a. to show how muscles help us talk
   b. to explain the types of muscles and how they work
   c. to show how muscles help our body move
   d. to show how involuntary muscles work

4. What do the three types of muscles have in common?
   a. They are all involuntary muscles.
   b. They are all voluntary muscles.
   c. They carry the blood flow to all parts of the body.
   d. They are all able to tighten.

 *©Teacher Created Resources, Inc.*

LIVEWORKSHEETS