

# > 1.3 Skeletons and movement

## Focus

- 1 Complete the sentences to explain how the muscles in your arm work. Use each of the words in the box once.

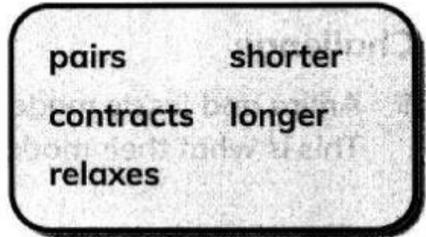
When I lift a weight, the muscle at the front of my arm

\_\_\_\_\_ and gets \_\_\_\_\_.

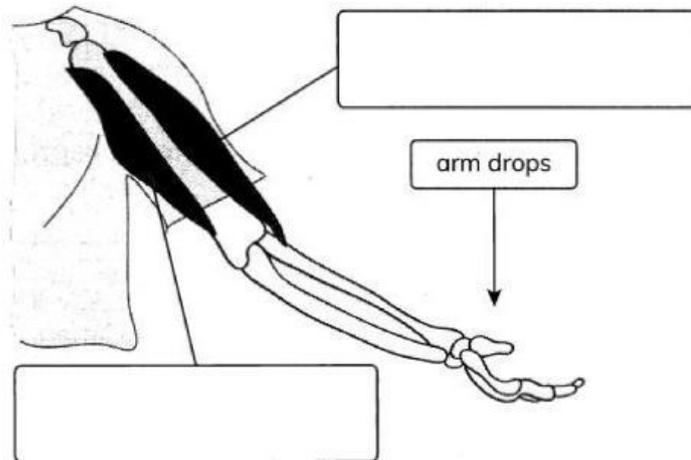
The muscle at the back of my arm \_\_\_\_\_

and gets \_\_\_\_\_. This shows that muscles

work in \_\_\_\_\_.



- 2 Label the drawing showing the changes in the arm muscles when you lower your arm.



## Practice

- 3 Fill in the missing words to complete the sentences about how our muscles work.

Muscles work by \_\_\_\_\_ on the \_\_\_\_\_ they are joined to.

Muscles work in \_\_\_\_\_. When one muscle \_\_\_\_\_,

the other muscle \_\_\_\_\_. The muscle that contracts gets

\_\_\_\_\_. The muscle that relaxes gets \_\_\_\_\_.

4 Underline the word that makes each of the sentences true.

The muscle that is working **contracts/relaxes**.

The muscle that is resting **contracts/relaxes**.