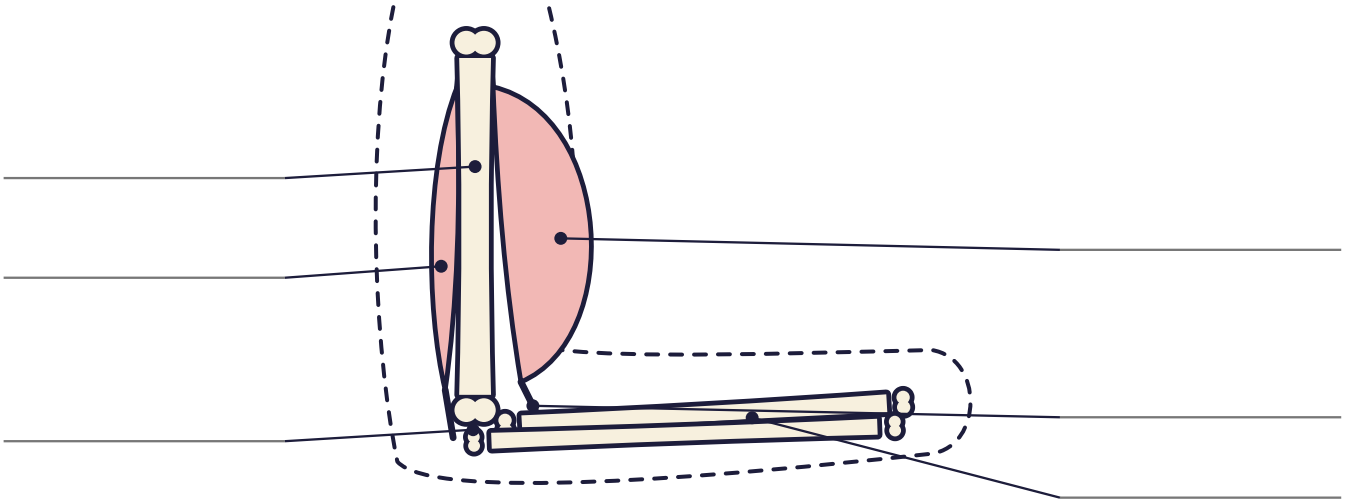
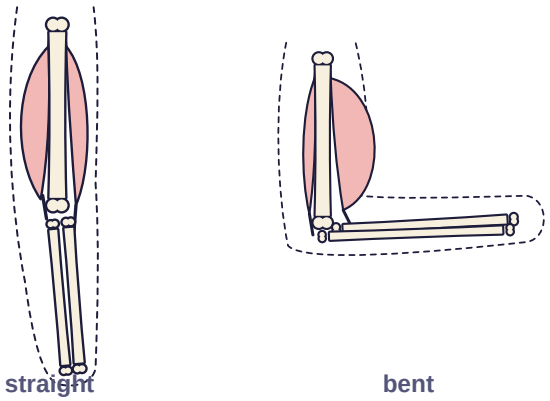
Muscles and movement

Label the bent arm. Then compare it with the straight arm.

Name _____





straight bent

Bend your arm: the biceps contracts. It gets shorter and fatter and pulls the forearm up. The triceps relaxes.

Straighten your arm: the triceps contracts and pulls the forearm down. Now the biceps relaxes.

Try it: hold your upper arm with your other hand while you bend and straighten. Feel which side gets hard.

Word bank

biceps elbow joint forearm bones tendon triceps
upper arm bone

Muscle facts

Fill each gap with a word from the bank. Then match the three types of muscle.

Name _____

1. Muscles can only _____ . They cannot push.
2. To bend your arm, your _____ contracts and gets shorter.
3. To straighten your arm, your _____ contracts.
4. Muscles are joined to bones by _____ .
5. Your body has more than _____ muscles.
6. Muscles work in _____ : when one contracts, the other relaxes.

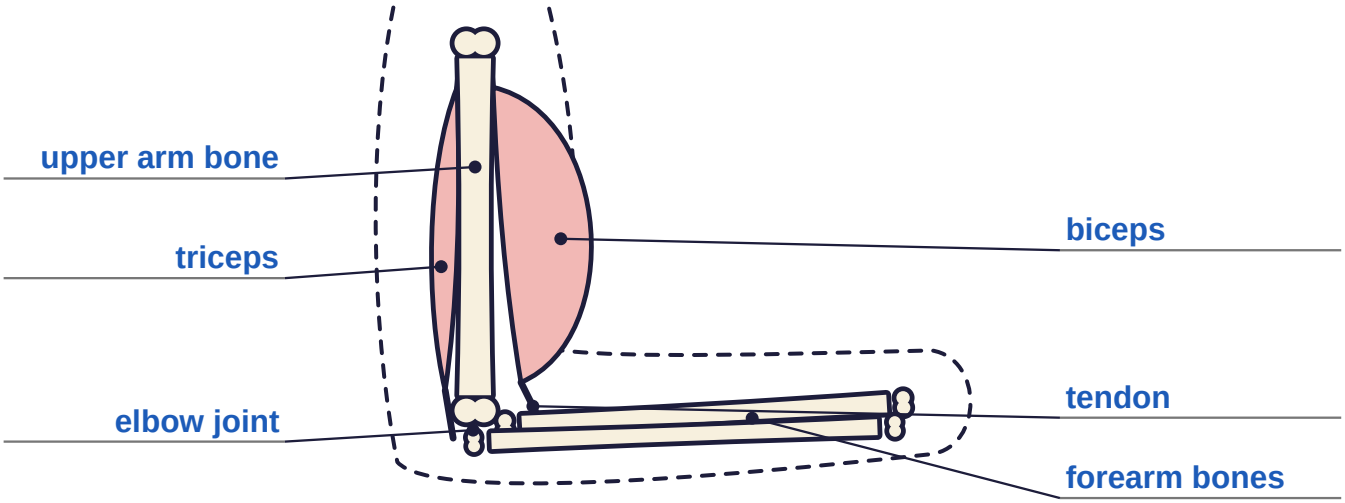
Word bank

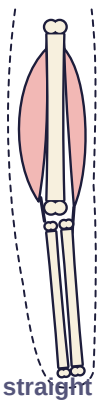
600 biceps pairs pull tendons triceps

Match each type of muscle to where it is and what it does.

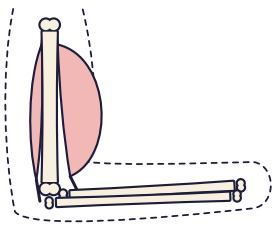
skeletal muscle	•	•	only in your heart; never stops
smooth muscle	•	•	moves your bones; you choose when it works
cardiac muscle	•	•	in your stomach and intestines; works on its own

Answers: muscles and movement





straight



bent

Bend your arm: the biceps contracts. It gets shorter and fatter and pulls the forearm up. The triceps relaxes.

Straighten your arm: the triceps contracts and pulls the forearm down. Now the biceps relaxes.

Try it: hold your upper arm with your other hand while you bend and straighten. Feel which side gets hard.

Answers: muscle facts

1. Muscles can only **pull** . They cannot push.
2. To bend your arm, your **biceps** contracts and gets shorter.
3. To straighten your arm, your **triceps** contracts.
4. Muscles are joined to bones by **tendons** .
5. Your body has more than **600** muscles.
6. Muscles work in **pairs** : when one contracts, the other relaxes.

Match each type of muscle to where it is and what it does.

