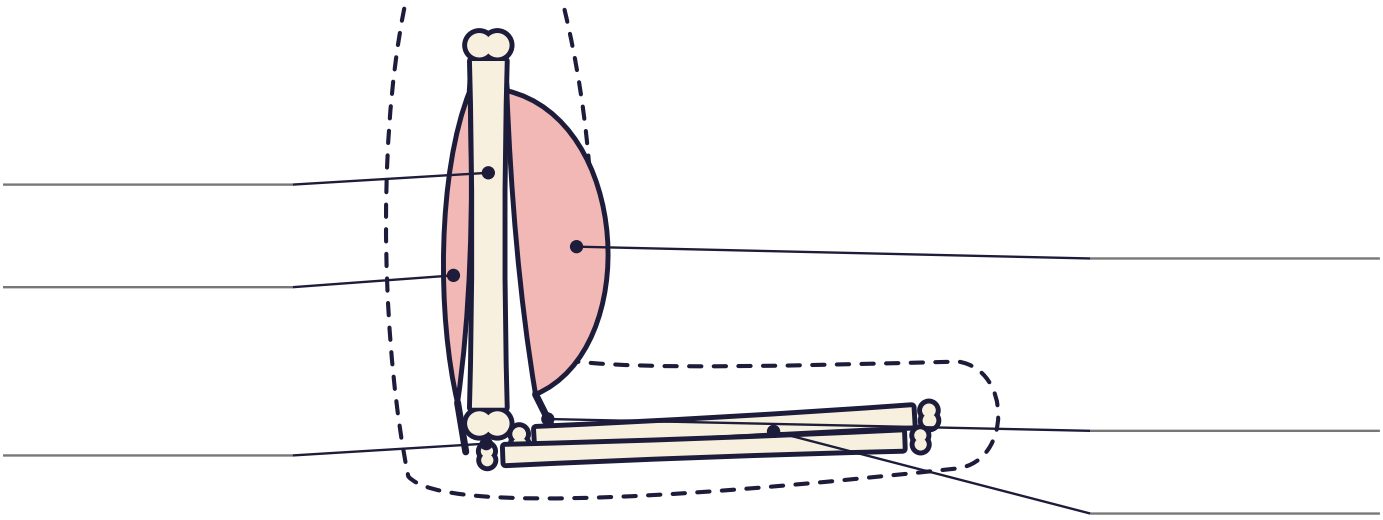
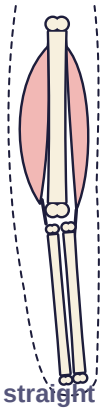
Muscles and movement

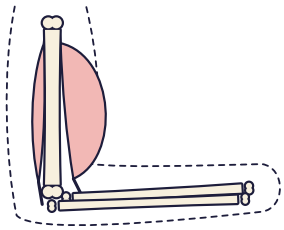
Label the bent arm. Then compare it with the straight arm.

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.

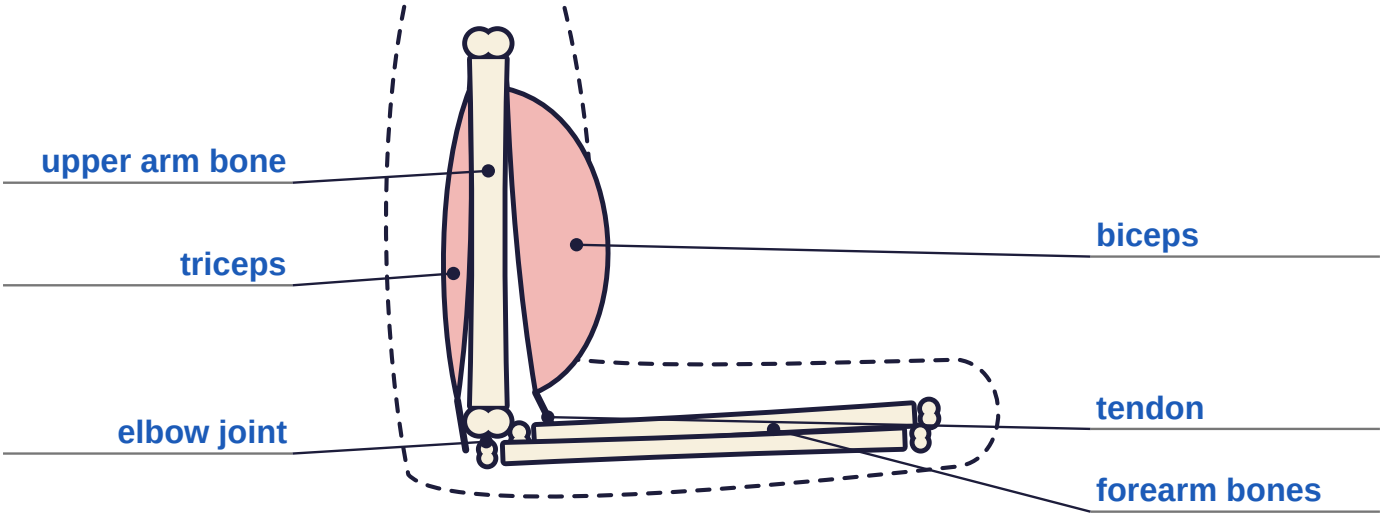
Word bank

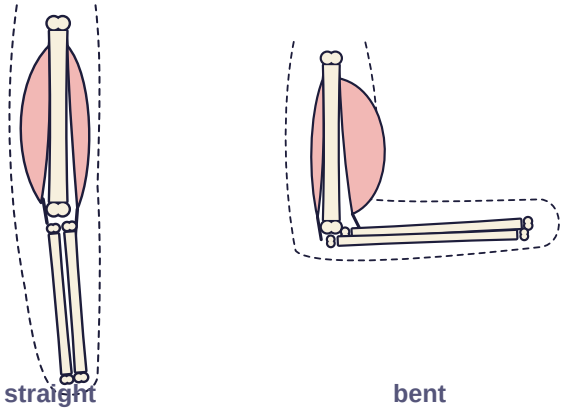
600 biceps pairs pull tendons triceps

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





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.

