

Name: _____ Date: _____



What questions do you have about the muscles in your body?
Write down four questions you want to know the answer to, then see if you can find the answers.

Question 1:

Question 2:

Question 3:

Question 4:

Name: _____ Date: _____



What questions do you have about the muscles in your body?
Write down six questions you want to know the answer to, then see if you can find the answers.

Question 1:

Question 2:

Question 3:

Question 4:

Question 5:

Question 6:

Name: _____ Date: _____



What questions do you have about the muscles in your body?
Write down ten questions you want to know the answer to, then see if you can find the answers.

Question 1:

Question 2:

Question 3:

Question 4:

Question 5:

Question 6:

Question 7:

Question 8:

Question 9:

Question 10:

The biggest muscle in your body is in your bottom.

The smallest muscle in your body is in your ear.

From the time you are born, you never grow new muscles. They just get bigger.

You use 17 muscles every time you smile.

You use 43 muscles every time you frown.

Nearly half your body weight is made up of muscle.

Your tongue is made up of 8 separate muscles.

There are more than 600 muscles in the body you can consciously control.

Muscles are attached to your bones with tendons and ligaments.

Your fingers do not have muscles. They are attached to tendons and attached to muscles in your arm.

Your brain controls your muscles by sending messages to them via your nerves.

Scientists estimate that you move your eye muscles 100,000 times a day.

If you practise movements over and over, your muscles remember them and make you better at the movement. This is how people get better at sports, dancing or playing a musical instrument.

If you are cold, you shiver and your muscles shake. This is a message from your brain to tell your body to move to warm up.

Hold your hand out like this:



Can you bend each of the fingers in your hand one at a time without the other fingers bending?

As you bend your fingers, feel the muscles in your arms. What are they doing? What do they feel like?

Lift one of your feet up and down like this:



Which muscles are you using?

What do the muscles feel like?

How many times can you lift your foot up and down before your muscles start to feel tired?

Hold your arm out like this:



Feel your muscles as you bend your arm. Explain what is happening to your muscles to a partner.

What happens if you move your arm in other ways, such as lifting it above your head? Which muscles can you feel? What do they feel like?

Feel your jaw like this:



Move your mouth as though you are eating. Which muscles can you feel?

Can you make the muscles in your jaw go hard? Can you make them relax again?

Are there any other muscles in your head and neck you can feel?