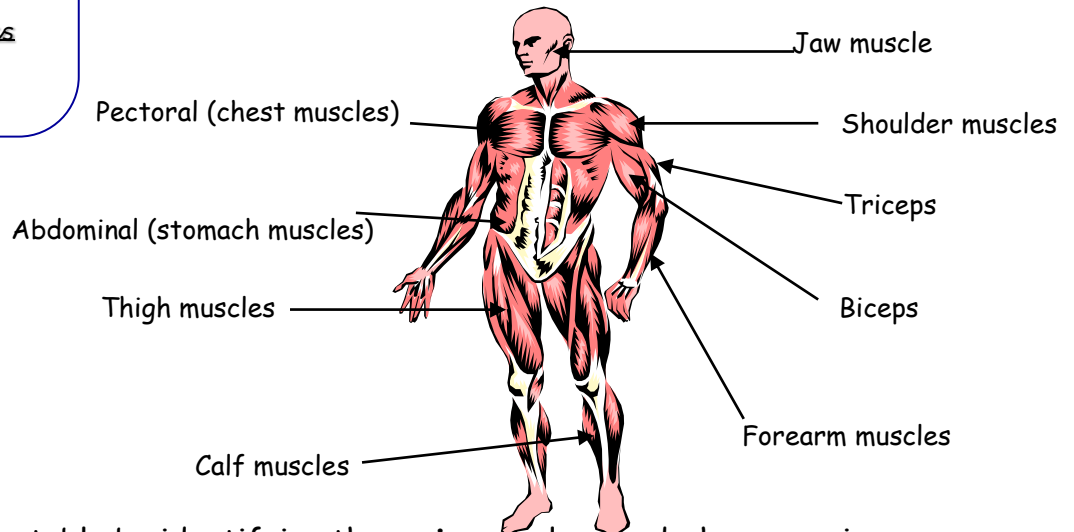


Thursday 4th March 2021

LO Be able to describe how muscles and joints help animals to move.

Some of the body's main muscles



Complete the table by identifying the **main** muscles used when carrying out the following everyday household activities and jobs:

EXERCISE/ACTIVITY	MUSCLES USED
walking up stairs	*
drinking	*
washing the dishes	*
vacuum cleaning	*
brushing your teeth	*
flushing the toilet	*
getting out of bed	*
opening a door	*

1) What happens to a muscle when it contracts?

*

2) What are all of our muscles attached to?

*

3) Explain two ways by which we can keep our muscles strong and healthy.

*
*