

Name _____

I'm building
up my
muscles.



THE MUSCLES

Find the words in the word search.

Each word has something to do with your muscles.

a	b	c	s	u	i	r	o	t	r	a	s
d	t	r	a	p	e	z	i	u	s	e	f
d	o	q	n	m	l	k	j	i	h	t	g
e	r	p	u	q	r	s	t	u	v	e	w
l	e	x	h	a	m	s	t	r	i	n	g
t	t	y	z	s	d	a	t	b	c	d	e
o	e	f	g	e	h	r	i	j	k	o	s
i	s	p	o	l	i	n	i	m	l	n	u
d	s	b	i	c	e	p	s	c	b	c	e
r	a	q	e	s	w	y	z	a	e	d	l
s	m	p	v	u	x	e	f	g	h	p	o
t	s	t	e	m	p	o	r	a	l	i	s

hamstring, soleus, muscles, triceps, biceps, trapezius, quadriceps, deltoid,
tendon, temporalis, sartorius, masseter

Move your muscles.

1. Your biceps are in the upper part of your arm. Can you make your biceps flex (bulge)?
2. The tendon on your heel is called 'Achilles tendon'. Feel your Achilles tendon. It is the fibrous cord that connects the muscles of the calf to your heel bone. Move your foot up and down to feel the Achilles tendon.
3. The masseter is a muscle of your cheek and used when moving your jaw. Put your hands on your cheeks and make facial movements to feel your masseter.