

Answer Key – THE MUSCLES

Fill in the blanks then 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.

Underline the 9 mistakes.

When Chris decided to do some bodybuilding he had no idea that his biceps would get to the size they did. Enormous muscles soon bulged under his shirt and he was asked to model for a television commercial. He was paid considerably for his efforts and he enjoyed all the attention he received.

Outcomes:

Science – the human body, the muscles

English – word recognition, reading, writing, spelling