

Your Muscles

There are more than _____ muscles in your body!

All muscles are made of the same _____,

which is similar to a !

Thousands of small _____ make up each muscle!

There are _____ different types of muscles in your body; _____, _____, & _____!


A. Smooth Muscles:

1. Also called _____ muscles because you do not think about controlling them.
2. Your _____ and body tell these what to do.
3. Examples of smooth, involuntary muscles would be found in the _____ system or

the _____ muscles, which leads to your stomach.

4. Smooth muscles can also be found as part of the _____. (which is helpful to prevent embarrassing accidents)

B. A Hearty Muscle:

1. The muscle that makes up the  is called _____.
2. These muscles give your heart the ability to contract to _____ out, then relax, to let _____ back into the heart. (Again, these muscles are _____ muscles, meaning you do NOT think about doing them!)

C. Skeletal Muscles:

1. Skeletal muscles are _____ muscles, because they look striped under a microscope.

2. Skeletal muscles are _____, which means you can control them.
3. All of these muscles make up the _____ system, the combination of your muscles and your skeleton, or bones.
4. The skeletal muscles work with your bones to give your body _____ & _____.
5. Most of the time, skeletal muscles attach to one end of a .
6. It stretches across a _____, then attaches to another .
7. Skeletal muscles are held to bones with _____. Tendons are attached so well that when you contract one of your _____, both the tendon and the _____ move along with it!

8. Skeletal muscles come in all different _____ & _____! The skeletal muscles near your _____ allow you to stand upright!

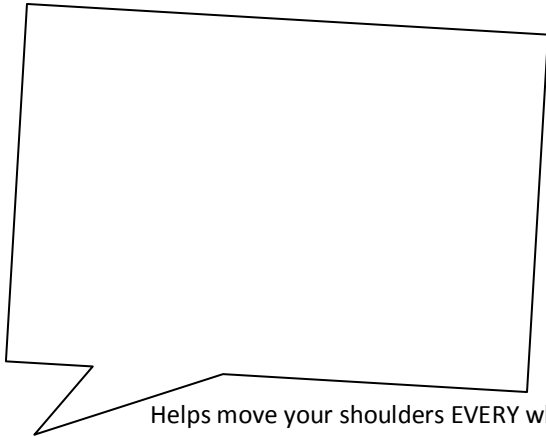
D. Face Muscles:

1. Your _____ has plenty of muscles too!
2. Facial muscles do not attach to _____ like other muscles in your body. Instead, they attach under skin, which allows you to make many different _____!
3. Even your _____ has muscles! Those muscles allow you to talk and help chew food!

E. Major Muscles:

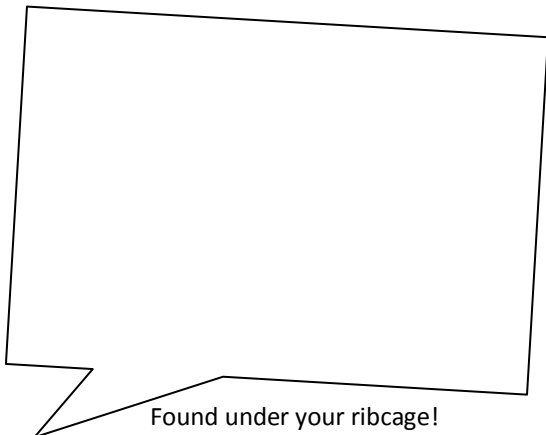
1. There are so many major muscles in the body! **Identify the ones listed below each picture box by using the clue, then**

draw an illustration to represent the major muscle. When you're finished, explain, using words **the importance of the illustrated major muscle!**



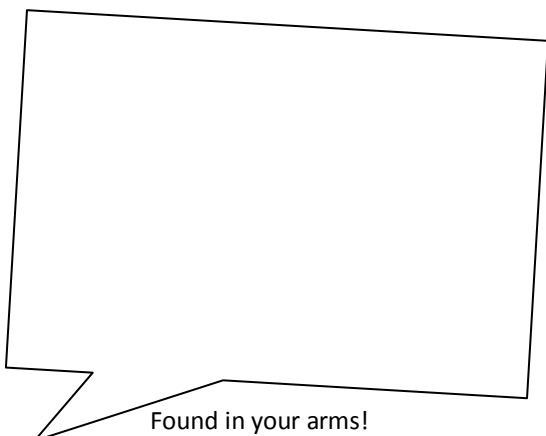
Helps move your shoulders EVERY which way!

Major Muscle _____



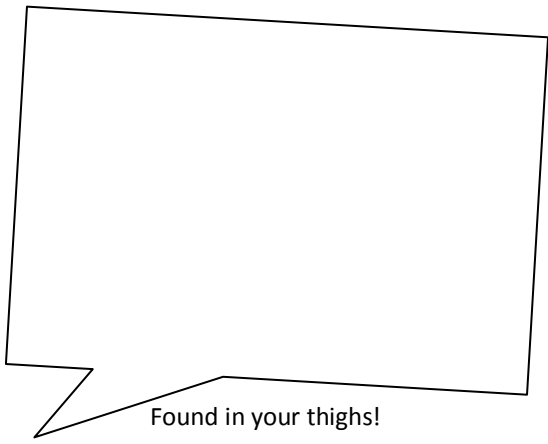
Found under your ribcage!

Major Muscle _____



Found in your arms!

Major Muscle _____



Found in your thighs!

Major Muscle _____
