

# HOW MUSCLES WORK – 6<sup>th</sup> Grade Health

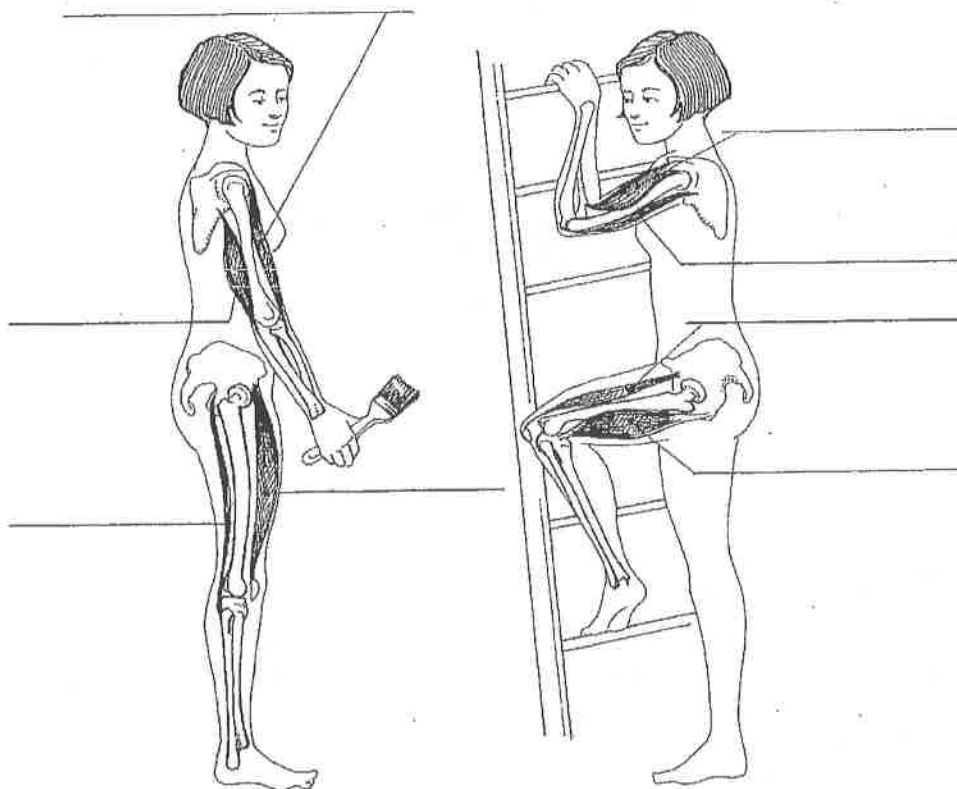
Muscles are responsible for your body's every movement. Muscles are more than movers. Muscles also make the heat that keeps your body warm. If you leap, bend, or reach, it is a result of a muscle action. A muscle makes itself smaller when it contracts and longer when it relaxes.

Muscles produce movement by pulling against the bone. Even when you push against a wall, the muscles in your body are working by pulling. When the muscles relax they stop pulling. More than one muscle works each joint, and they pull in opposite directions.

## *Working in pairs*

Muscles that move your bones work in pairs. As one muscle contracts and gets shorter, another relaxes and returns to normal length. When you flex your bicep, the tricep muscle relaxes. When you straighten your arm back out, your tricep muscle contracts (pulls against your arm bone) and the bicep muscle relaxes.

Muscles are working all the time to help you keep your balance, and to move your head, back, arms, legs, and other parts. Even the smooth muscles in your digestive system work against each other. While one muscle squeezes the tubes involved in digestion, another straightens them out again.



18

### Word bank:

biceps relaxed    triceps relaxed    quadriceps relaxed    hamstrings relaxed  
biceps contracted    triceps contracted    quadriceps contracted    hamstring contracted

# Mighty Machines

6th Grade Health

\_\_\_\_\_ 1. contract

A. straightens a joint

\_\_\_\_\_ 2. relax

B. muscle gets longer

\_\_\_\_\_ 3. flexor

C. bends a joint

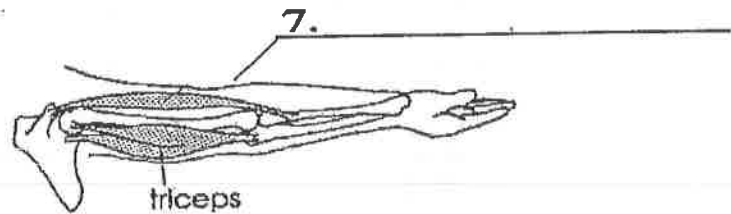
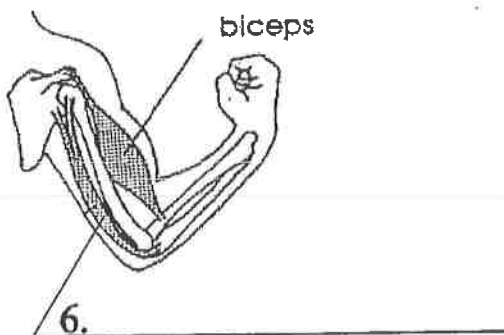
\_\_\_\_\_ 4. extensor

D. muscles work in ...

\_\_\_\_\_ 5. pairs

E. muscle gets shorter

Fill in the missing muscle names and answer the questions.



When your arm is bent...

8. Which muscle is contracted?

\_\_\_\_\_

9. Which muscle is longer?

\_\_\_\_\_

When your arm is straight...

10. Which muscle is relaxed?

\_\_\_\_\_

/10

# Muscle Types Worksheet

In the space provided write: **cardiac, smooth** or **skeletal**.

\_\_\_\_\_ 1. These muscles control breathing and digestion.

\_\_\_\_\_ 2. These muscles never tire.

\_\_\_\_\_ 3. These muscles move bones.

\_\_\_\_\_ 4. These muscles are found only in the heart.

\_\_\_\_\_ 5. These muscles control voluntary movements.

\_\_\_\_\_ 6. These muscles react slowly and tire slowly.

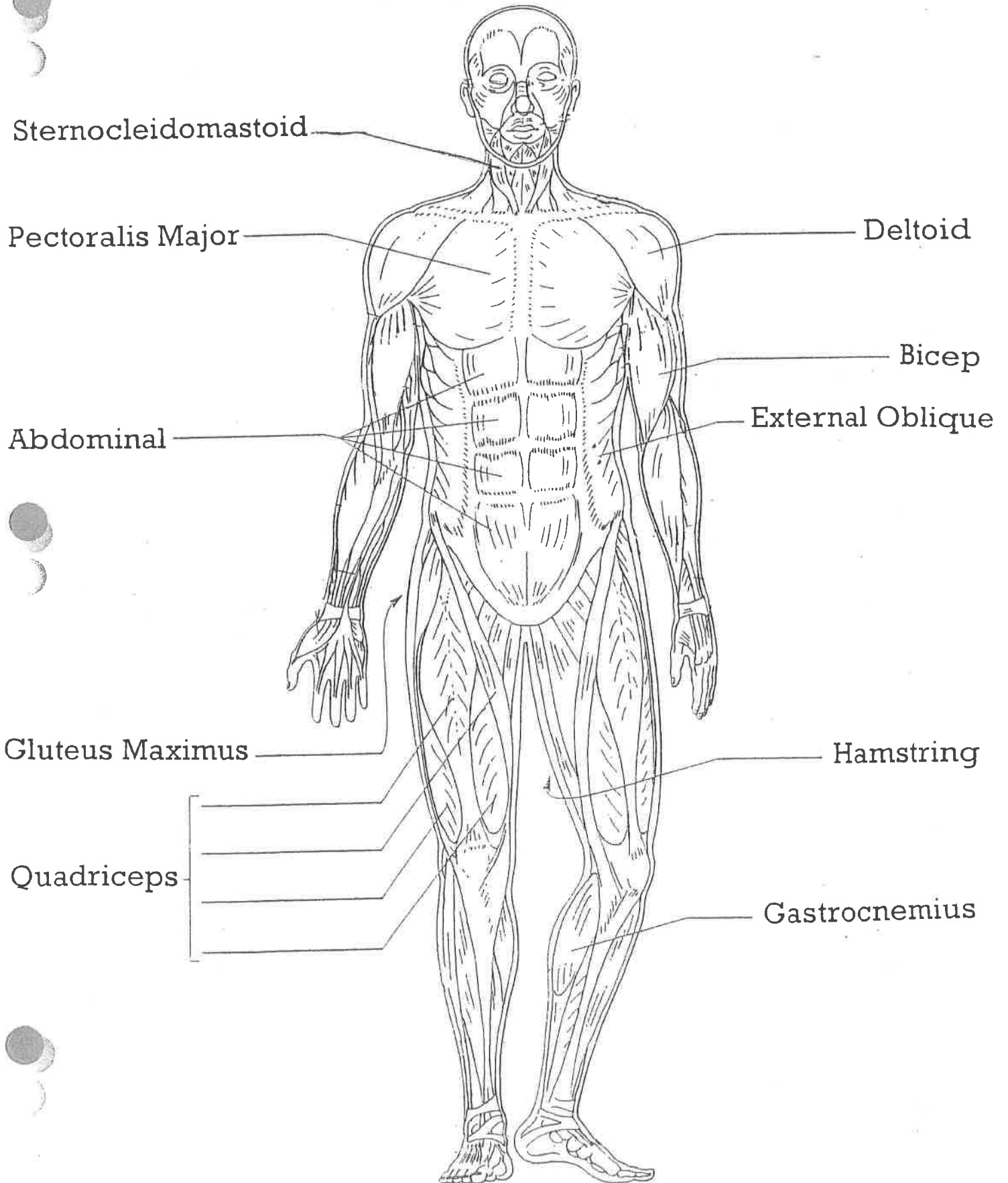
\_\_\_\_\_ 7. These muscles react quickly and tire quickly.

\_\_\_\_\_ 8. These muscles are striated.





# Labeling the Muscular System



# Muscular System

Voluntary

Involuntary

[Empty rectangular box]

[Empty rectangular box]

[Empty rectangular box]

Role:  
[Empty rectangular box]

Role:  
[Empty rectangular box]

Role:  
[Empty rectangular box]

Location:  
[Empty oval box]

Location:  
[Empty oval box]

Location:  
[Empty oval box]

Three Functions of the Muscular System:

[Large empty rounded rectangular box for writing functions]