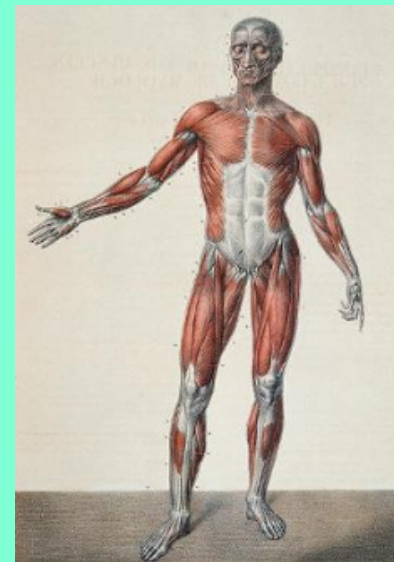


The Muscular System

Magic School Bus-Muscular System

(26 minutes)

Kids Health Movie: Muscular System



Functions of the Muscular System

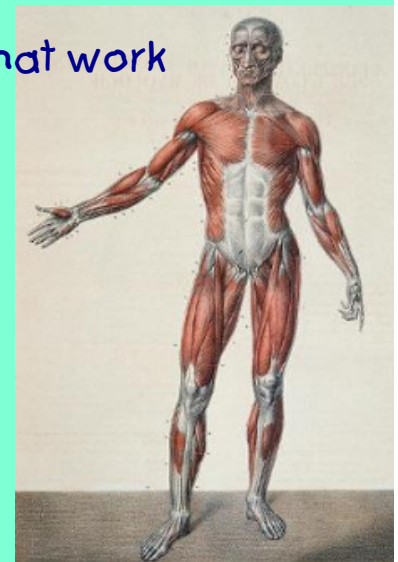
- 1) Helps provide support, movement, and flexibility. Gives the body shape. (Skeletal)
- 2) Protects some organs (skeletal)
- 3) Smooth muscle-helps the body digest food.
- 4) Pumps blood (cardiac)

Bill Nye On Bones Part 2



Voluntary Muscles- these are the muscles you must think about moving (skeletal muscles)

Involuntary muscles-these are the muscles that work automatically (smooth & cardiac)

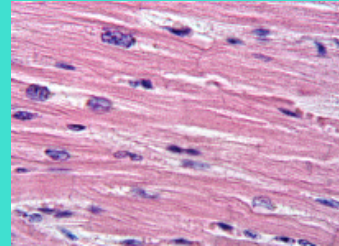


The Muscular System is comprised of different muscles. Muscles are made up of body tissues that contract and relax to cause movement.

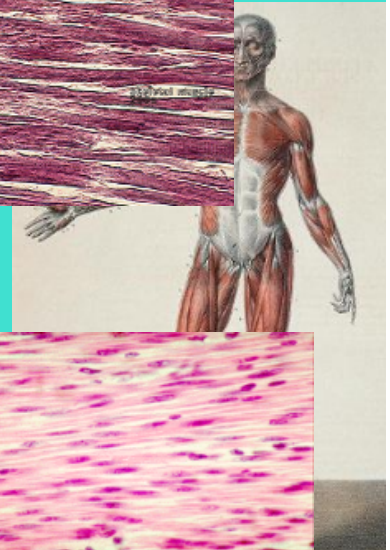
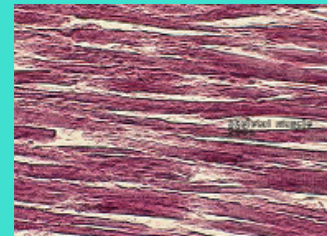
BrainPop-Muscles

- The cardiac muscle tissue is only found in the heart.

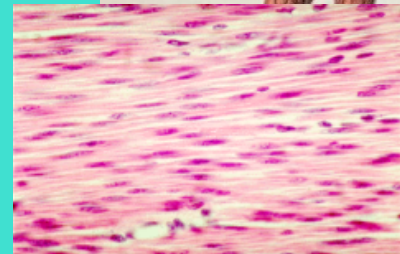
A different kind of strong activity



- Skeletal muscle tissue allows the body to move. Examples are found in the legs, neck, and arms. Muscles work in pairs called extensors and flexors that allow you to move. When one contracts the other extends.



- Smooth muscle tissue is found in the walls of many internal body organs. Examples are found in the stomach, esophagus and intestines.

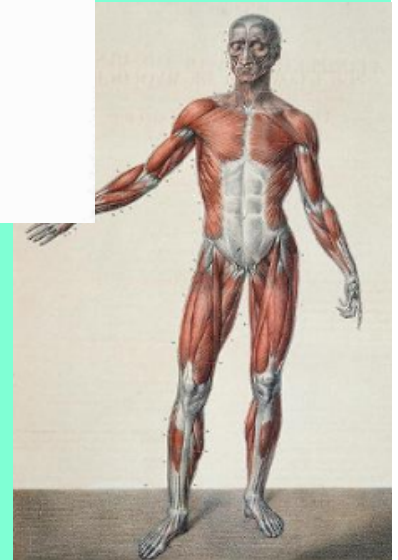
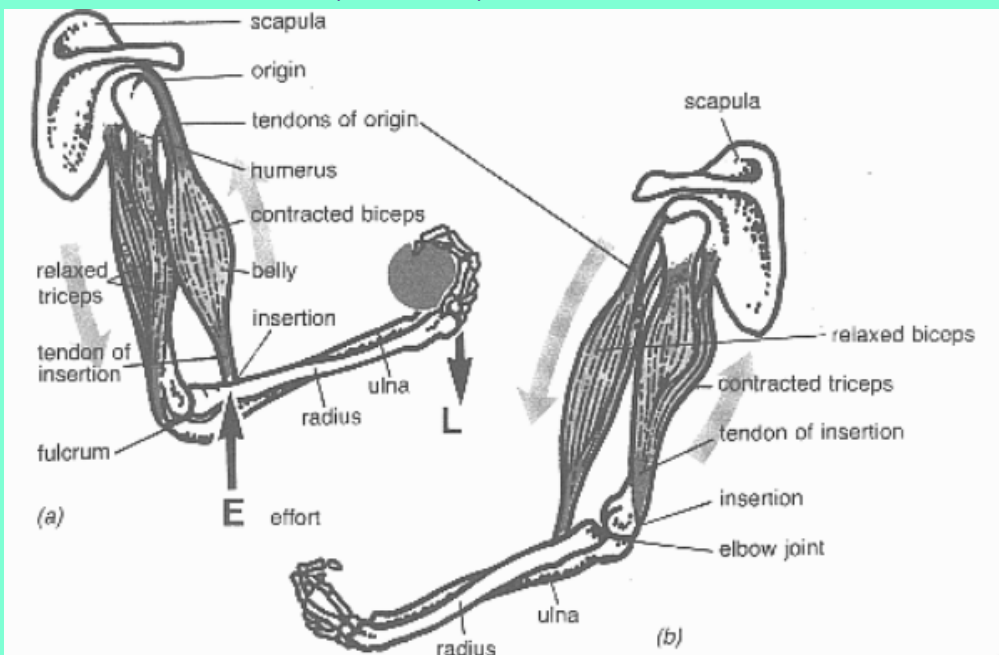


I. Skeletal Muscles

a) move bones

b. work in pairs-when one muscle contract (tightens), the other expands (stretches).

Ex: arm- bicep/tricep



c. tendons-connect muscle to bone

d. ligaments-connect bones to bones

e. voluntary (you choose to use them)

Bill Nye On Bones Part 3

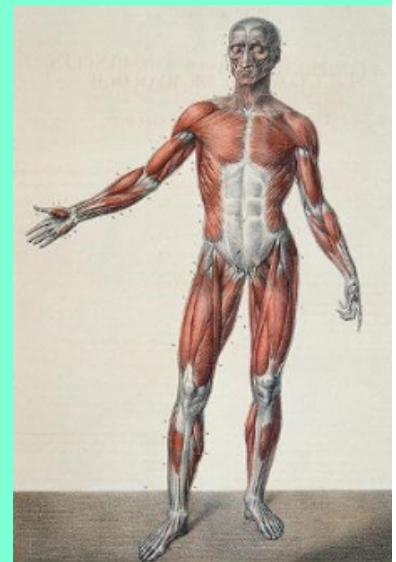


II. Smooth Muscle

- a. found in organs-hollow (stomach, esophagus)
- b. involuntary (nervous system, chemicals released)

III. Cardiac Muscle-strongest of all muscles

- a. found only in the heart
- b. never stops
- c. involuntary

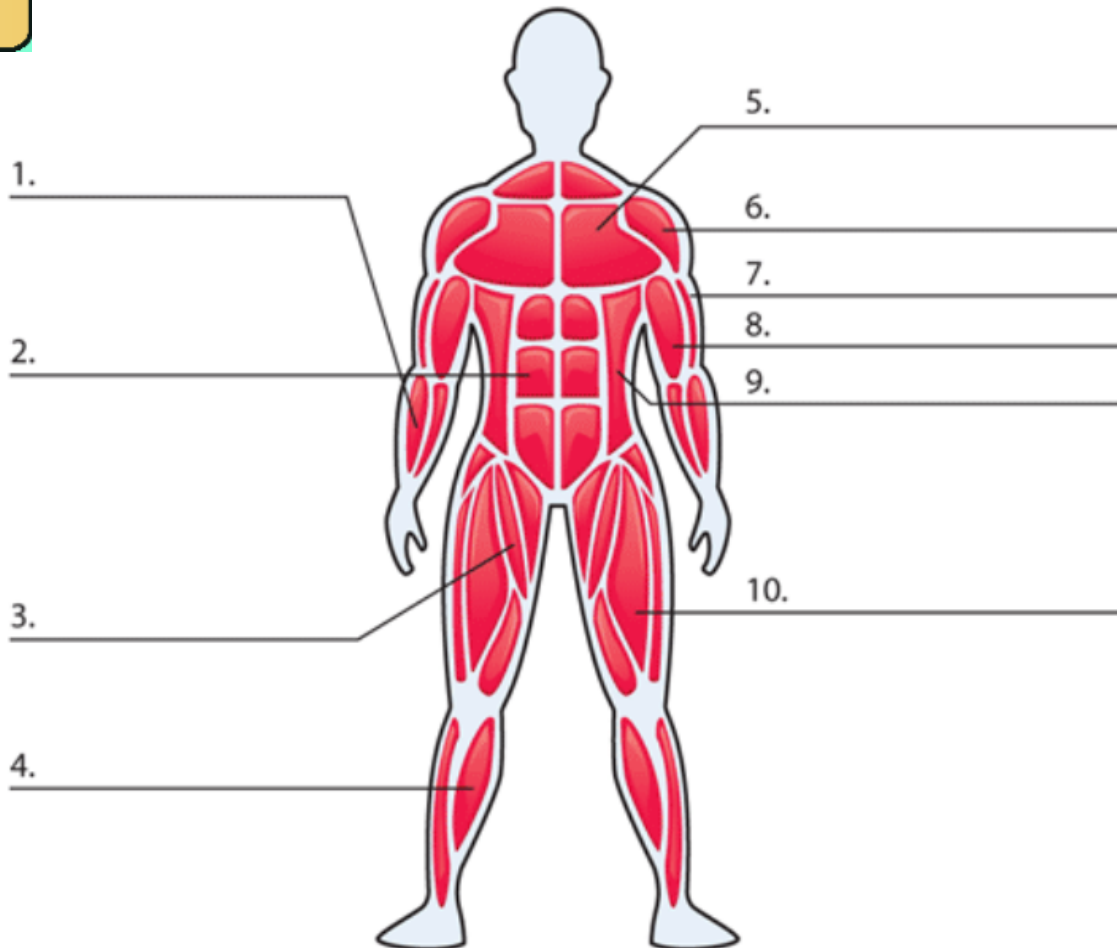


Pull

HOW THE BODY WORKS

The Muscles

Directions: Print out and label the parts of the muscles.



Sartorius

Rectus abdominus

Brachioradialis

Biceps

Pectorals

External obliques

Quadriceps

Triceps

Gastrocnemius

Deltoids

Muscles game

Question and Answer Matching-Muscles 2



Let's Review...

Muscle Quiz



Question and Answer Matching-Muscles



Muscle Facts and Quiz

