

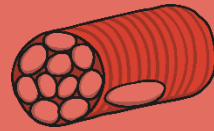
# Mighty Muscles



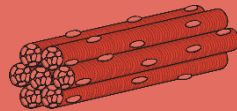


# What are Muscles?

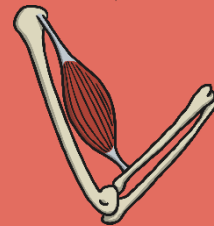
Our bodies are made up of different types of cells



Cells form to make tissue



Skeletal muscles are made up of just muscle tissue



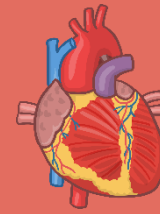
smooth muscle cell



bone cell



nerve cell



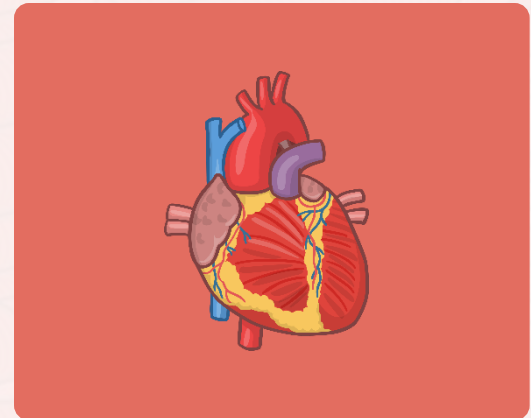
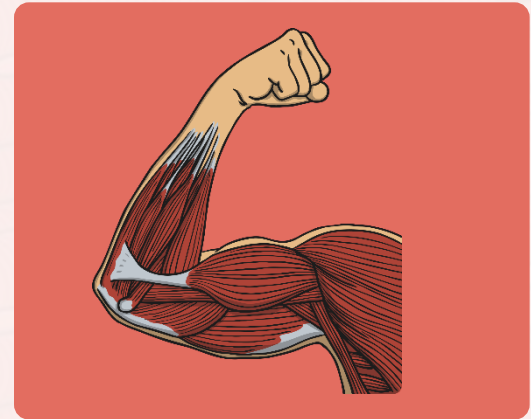
Organs are made up of more than one type of tissue

# Voluntary and Involuntary



Some muscle movement is voluntary and we can control it. Other muscle movement is involuntary and we don't have control over it.

Look at the pictures to the right:  
Which shows voluntary muscle movement and which shows involuntary?


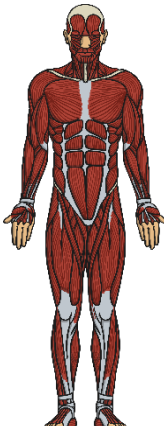
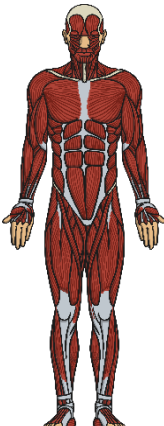




# Move Your Muscles



Do two different activities: You need to predict the muscles you think will be used before the activity. After the activity you will show the results of what you found.

<b>Activity</b>	<b>Prediction (before the activity):</b> Circle or highlight the muscles you <u>think</u> will be used.	<b>Results (after the activity):</b> Circle or highlight the muscles you <u>used</u> .
 An illustration of a young girl with brown hair, wearing a yellow long-sleeved shirt, green leggings, and red sneakers, jumping joyfully with her arms raised.	 A front-facing anatomical diagram of a human bodybuilder, showing the skeletal structure and muscle groups in red and white.	 A front-facing anatomical diagram of a human bodybuilder, identical to the one in the prediction column, showing the skeletal structure and muscle groups in red and white.

# Muscle Memory



Were your predictions correct? Why? Why not?



What have you learnt in this lesson about muscles?

Complete your Mighty Muscles Activity Sheet.



Remember to use the key vocabulary you have learnt in this lesson.