

Check Your Learning

How do your muscles work to bend or straighten your knee?



Student's Book p.15

Tick (✓) to show what you can do.

- I can describe how muscles help bones move.
- I can state the importance of movement in keeping us healthy.
- I can identify people who use science around me and describe how they use it.

To straighten my knee, the quadriceps need to contract and the hamstrings need to relax.

To bend my knee, the quadriceps need to relax and the hamstrings need to contract.