

Date: \_\_\_\_\_

## Chapter 1, lesson B: Muscles and Movement (1.B)

1. Our muscles need to work in pairs to make the bones move.

Use the words below to complete the sentences.

You can use some words more than once.

contracts	hamstrings	biceps	quadriceps	relaxes	triceps
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a. One muscle contracts and the other relaxes

to allow us to bend or straighten our arms and legs.

b. When the biceps contracts the triceps relaxes,  
pulling the radius and ulna bones up.

c. The muscles that are connected to the femur are  
the hamstrings and quadriceps.

d. Muscles work together in pairs. Give **two** examples.

1- hamstrings and quadriceps

2- biceps and triceps

2. What are the functions of muscles?

They help move our arm and leg bones by pulling on them,.

3. Answer with **true** or **false**.

- a. The muscles are beneath the skin and over the skeleton. ( **true** )
- b. Muscles work in pairs to help us move. ( **true** )
- c. The biceps muscle is in your upper arm. ( **true** )
- d. Muscles become weak if we do not exercise. ( **true** )
- e. We don't have any muscles in our face. ( **false** )

4. **Circle** the letter of the answer that completes the sentence correctly.

The diagram on the right shows the muscles in the upper arm.

To straighten the arm at the elbow, \_\_\_\_.

a. muscle X must contract and **pull** the lower arm down.

b. muscle Y must relax and **pull** the lower arm down.

**c.** muscle Y must contract and **pull** the lower arm down.

