

Let's Explore!

What makes our arms and legs move?

1. Place your right hand around your left upper arm. Slowly move your left arm up by bending your elbow. Can you feel something inside your arm moving? **yes**
2. Now lower your left arm. Is the movement inside your arm the same or different? **different**
3. Next, sit down and put one hand on your thigh. Slowly straighten your leg up. Can you feel something inside your thigh moving? **yes**
4. Now lower your leg. Is the movement inside your leg the same or different? **different**
5. What do you think helps your bones to move? **muscles**



Student's Book p.12



biceps contracts

triceps relaxs



quadriceps contracts



hamstring relaxs