



Explain the way that muscles work

Complete the sentences to explain the way the muscles in your arm work. Use each of the words in the box once.

pairs

contracts

relaxes

shorter

longer

When I lift a weight, the muscle at the front of my arm and gets The muscle at the back of my arm and gets This shows that muscles work in

Muscles allow us to move.
Muscles are joined to bones.
Muscles work by pulling on bones.

