

* 5.3. Skeletons and movement

Muscles make us move

Bones are strong and hard, they cannot bend but your body can move in many ways.

All animals with skeletons have **muscles** attached to the bones. Muscles are the parts of the body that allow us to move in many different ways. Muscles are found under the skin. They cover the skeleton and give your body the shape that you have.

Muscles always work in pairs. One muscle contracts and pulls on the bone it is joined to. This makes the bone move. The opposite muscle relaxes.

