

### \* 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**.

