

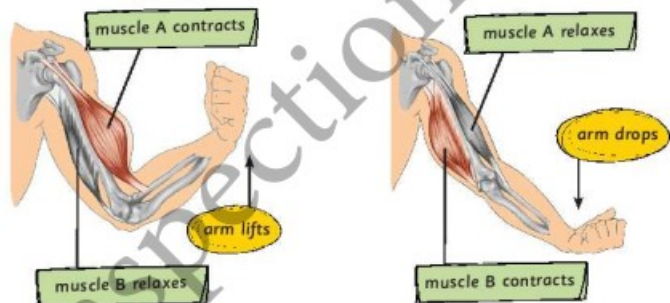
### \* 5.3. Skeletons and movement

#### 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.





## 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.