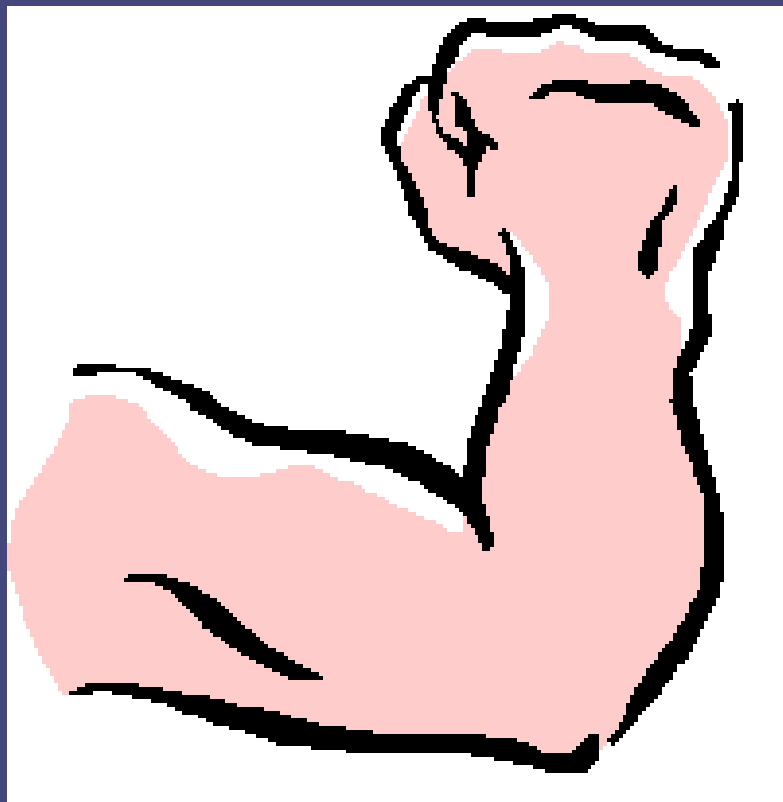


Muscles





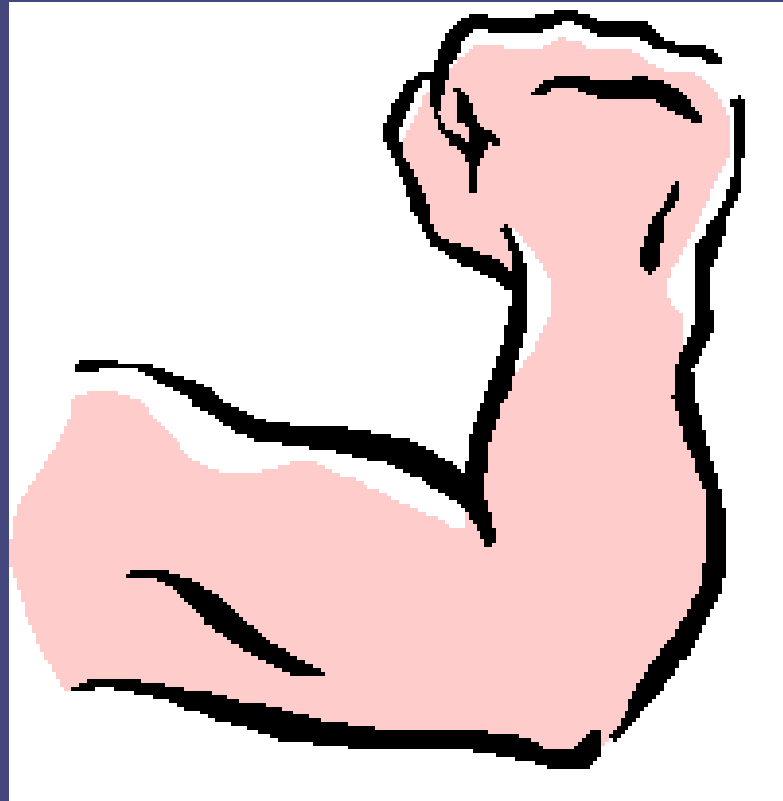
What are muscles?



- Muscles are moved whenever you move. Without them, we wouldn't be able to move.
- How many muscles do you think there are your body?
- Over 650!
- They make up nearly half of your body weight.

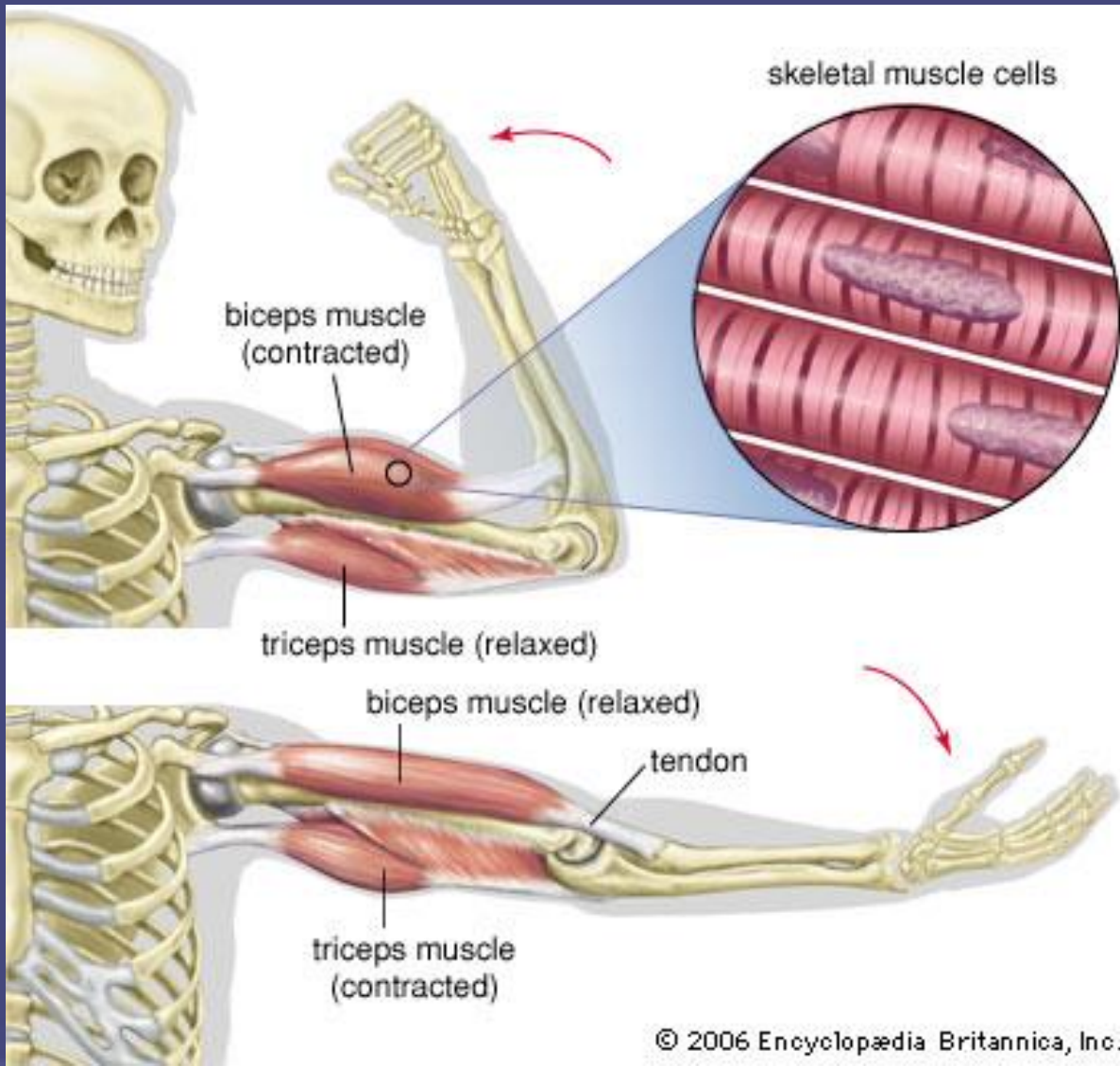


Video



How do muscles work?

- Muscles tighten up- **CONTRACT** and then **RELAX**
- You have two sets of muscles attached to many of your bones which allow them to move
- They work in pairs



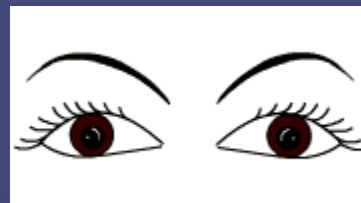
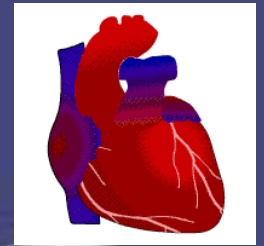
Voluntary muscles

- Some muscles are known as "voluntary" -- that is, they only work when you specifically tell them to.
- Can you think of some voluntary movements?
- Clap you hands, lift your leg, arm



Involuntary muscles

- Other contracting muscles are automatic.
- Can you think of any examples?
- Contracting of your heart
- the movement of your diaphragm so that you can breathe
- blinking your eyes are automatic.



Exercise

- If you take part in lots of exercise what will happen to your muscles?
- They will get bigger and stronger



Facts!

- You have over 30 facial muscles which create looks like surprise, happiness, sadness, and frowning.
- Eye muscles are the busiest muscles in the body. Scientists estimate they may move more than 100,000 times a day!

