

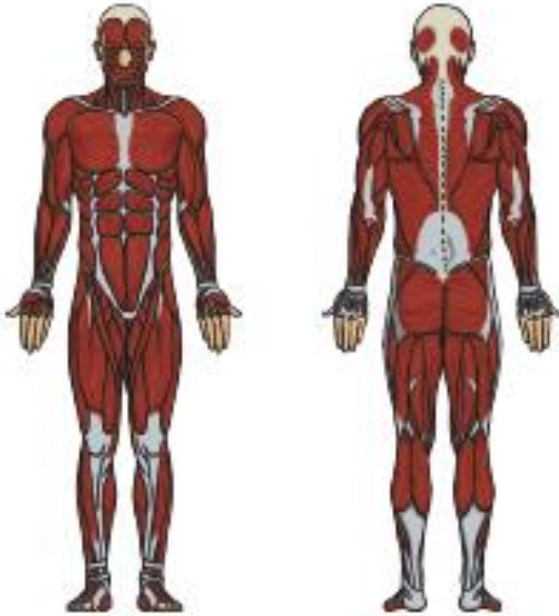

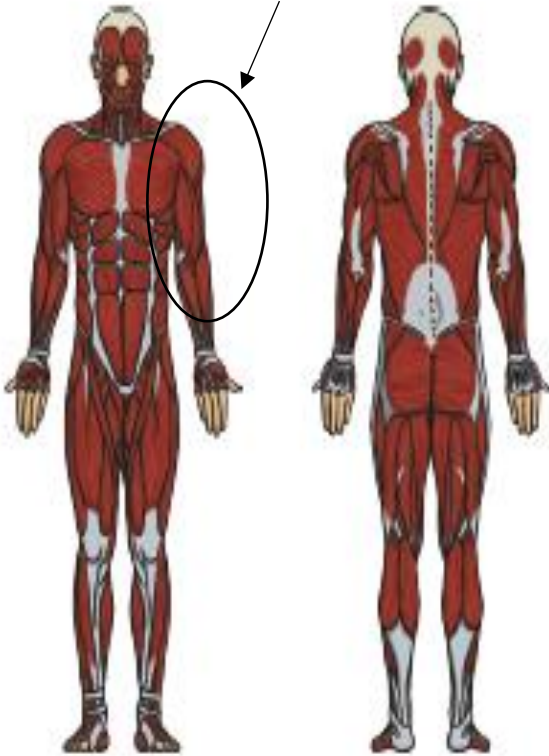



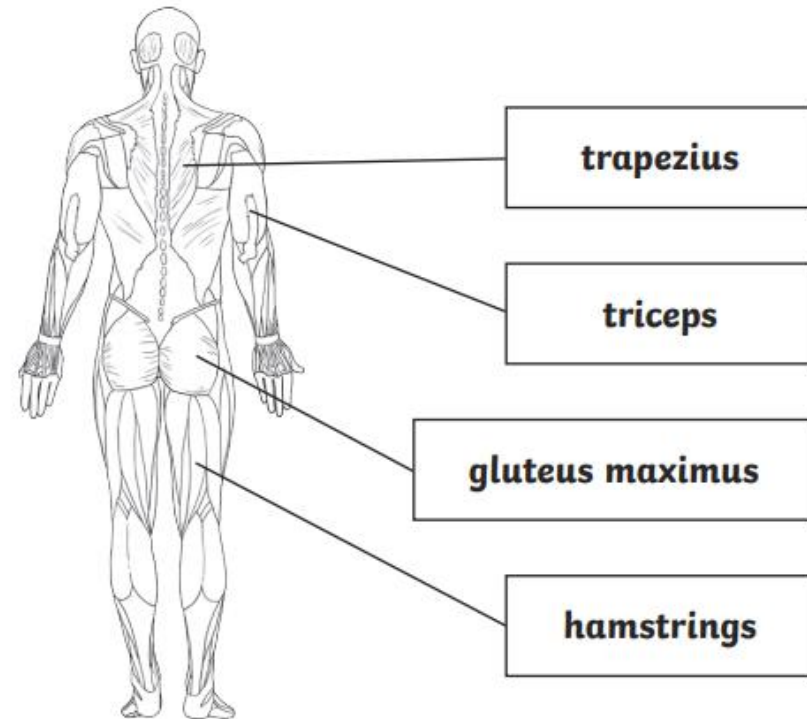
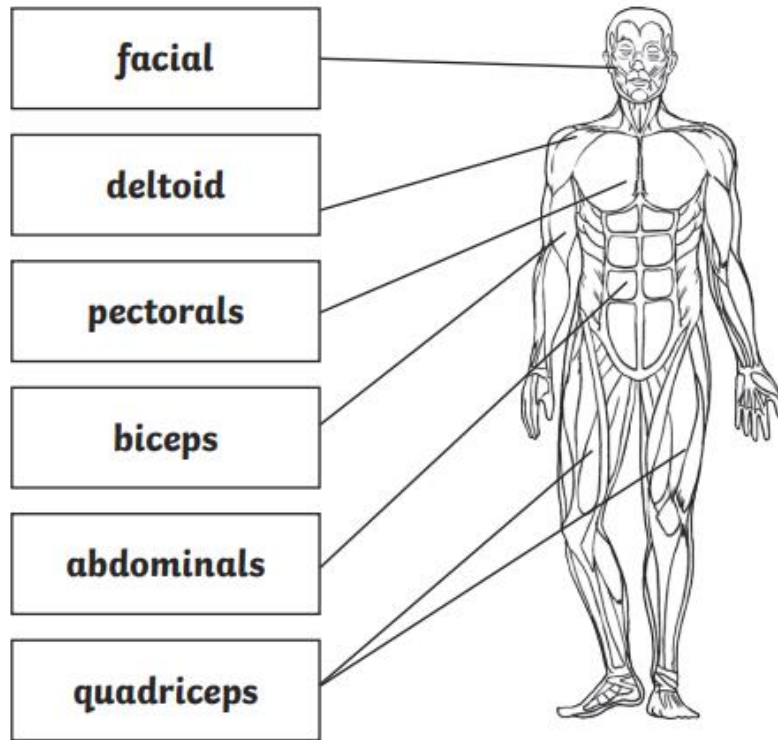
L.O: To be able to explore how muscles allow movement and identify pairs of muscles in the body.

<https://www.bbc.co.uk/bitesize/clips/zj2kjxs>

Activity	Prediction (before the activity): Circle or highlight the muscles you think will be used.	Results (after the activity): Circle or highlight the muscles you used.
 <p>Someone running</p>		

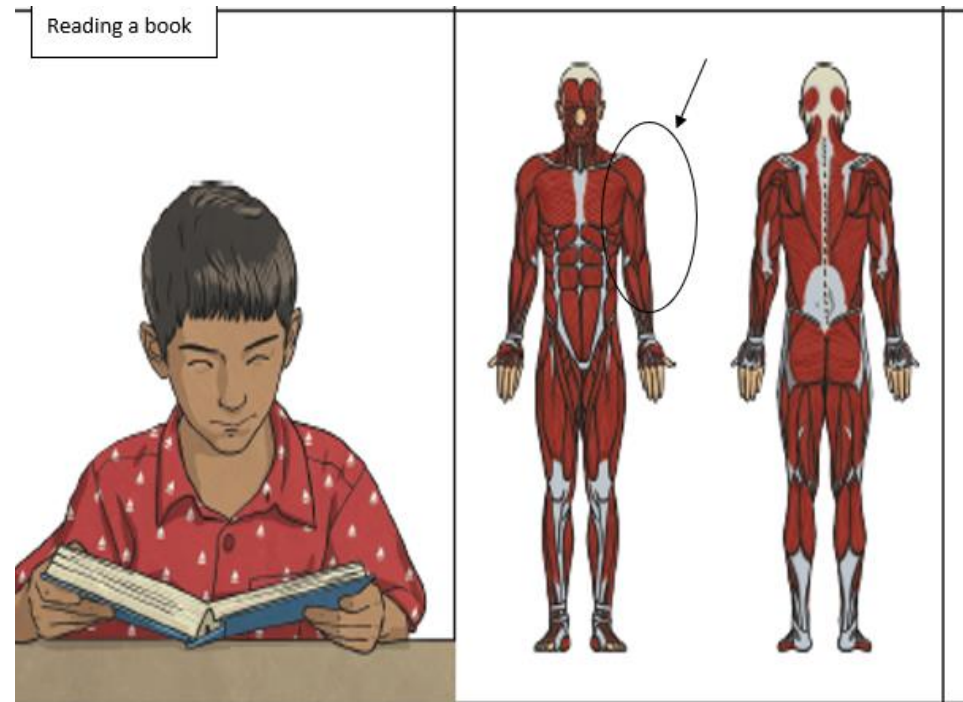
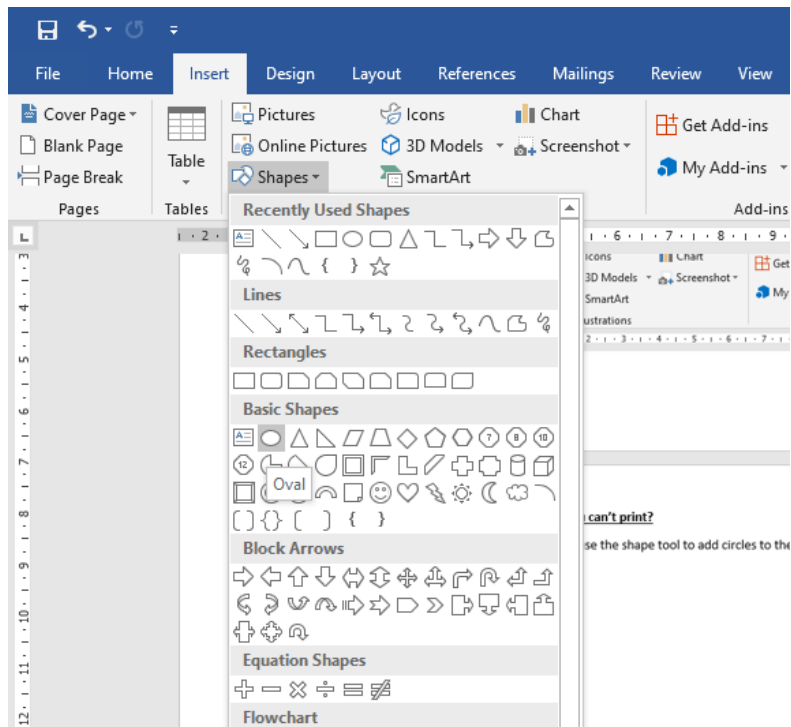
Activity	Prediction (before the activity): Circle or highlight the muscles you think will be used.	Results (after the activity): Circle or highlight the muscles you used.
<p data-bbox="479 453 712 520">Reading a book</p>  <p>An illustration of a young boy with dark hair, wearing a red shirt with white polka dots, sitting at a desk and reading an open book. The book has a blue cover and white pages.</p>	 <p>Two anatomical diagrams of a human body showing muscle groups. The left diagram is a front view, and the right is a back view. A black circle is drawn around the right shoulder and upper arm area in the front view, with an arrow pointing to it from the right. This indicates the predicted muscles used for the activity.</p>	 <p>Two anatomical diagrams of a human body showing muscle groups, identical to the prediction stage. In this stage, no muscles are highlighted, indicating that the actual muscle use was not recorded or highlighted.</p>

Muscle names to help you with your predictions:



What if you can't print?



Could you use the shape tool to add circles to the muscles? See the screenshots below to help.



Or you can write your ideas down. For example: I predict that I will use..... and when I am jumping.

Support: Use the videos and PowerPoint to help you identify the muscles that are moving.

Challenge: Think of your own activity and complete the grid:

Activity	Prediction (before the activity): Circle or highlight the muscles you think will be used.	Results (after the activity): Circle or highlight the muscles you used.
		

Well done – you have completed your tasks!