

The background of the image is a detailed illustration of muscle tissue. It features numerous parallel, cylindrical muscle fibers in shades of red and pink. Each fiber is filled with fine, striated patterns representing myofibrils. Interspersed among the fibers are clusters of smaller, more rounded cells, likely representing nuclei or satellite cells. The overall composition is dense and layered, creating a sense of depth and texture.

# Mighty Muscles

# Movement

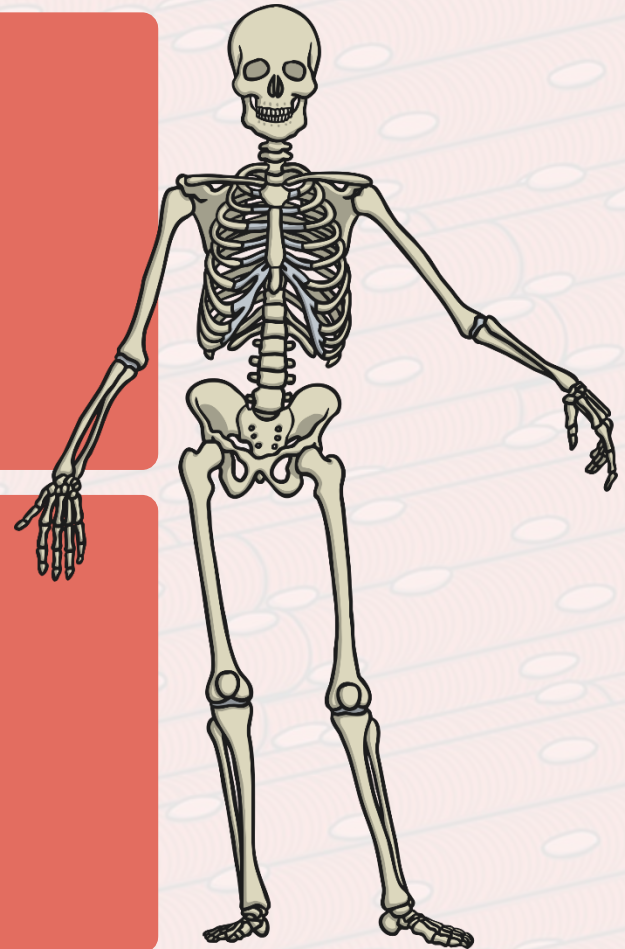


A

B

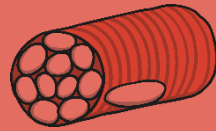
C

D



# What are Muscles?

Our bodies are made up of different types of cells



smooth muscle cell

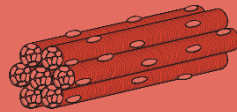


bone cell

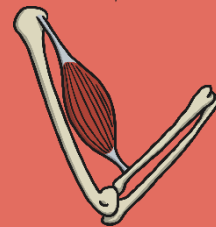


nerve cell

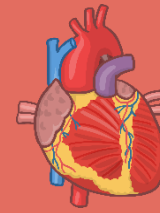
Cells form to make tissue



Skeletal muscles are made up of just muscle tissue



Organs are made up of more than one type of tissue



# Mighty Muscles



**A**

**C**

**B**

**D**

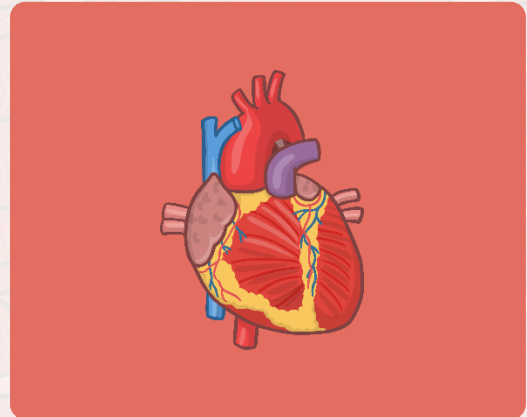
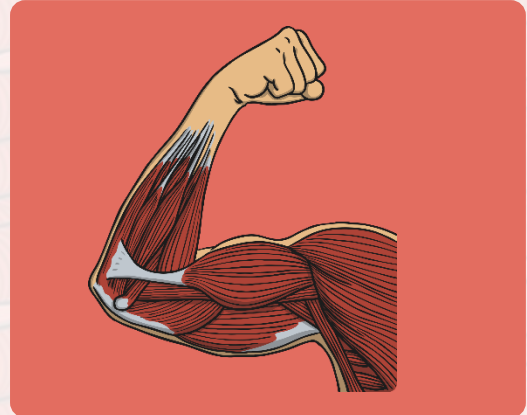
# Voluntary and Involuntary



Some muscle movement is voluntary and we can control it. Other muscle movement is involuntary and we don't have control over it.

Look at the pictures to the right: Which shows voluntary muscle movement and which shows involuntary?

Discuss with your partner and explain why you made your choice.



# Two's Company



Click  
me!

Watch the following video  
and focus on the following:

1

How do muscles  
move?


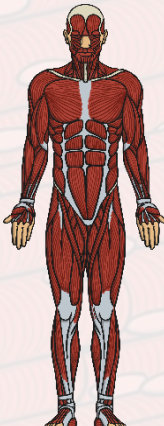

2

What words are used  
to describe the  
movement?

# Move Your Muscles



In groups you are going to do two different activities: You need to predict the muscles you think will be used before the activity. After the activity you will show the results of what you found.

Activity	Prediction (before the activity): Circle or highlight the muscles you <u>think</u> will be used.	Results (after the activity): Circle or highlight the muscles <u>you</u> used.
 An illustration of a young girl with spiky brown hair, wearing a yellow long-sleeved shirt, green leggings, and red sneakers. She is captured in a jumping pose with her arms raised and one leg bent.	 A detailed anatomical diagram of a human male figure from the waist down, showing the skeletal structure and various muscle groups in red and white.	 An identical anatomical diagram of a human male figure from the waist down, showing the skeletal structure and various muscle groups in red and white.

# Muscle Memory

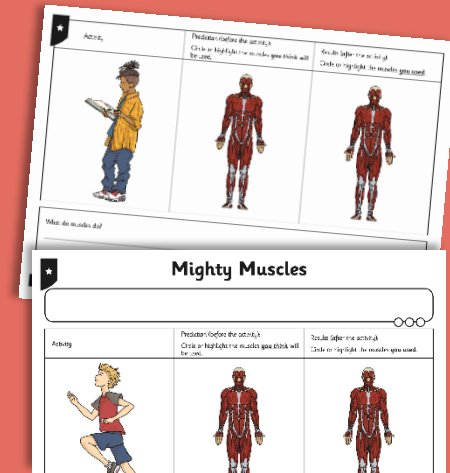


Were your predictions correct? Why? Why not?



What have you learnt in this lesson about muscles?

Complete your Mighty Muscles Activity Sheet.



Remember to use the key vocabulary you have learnt in this lesson.



