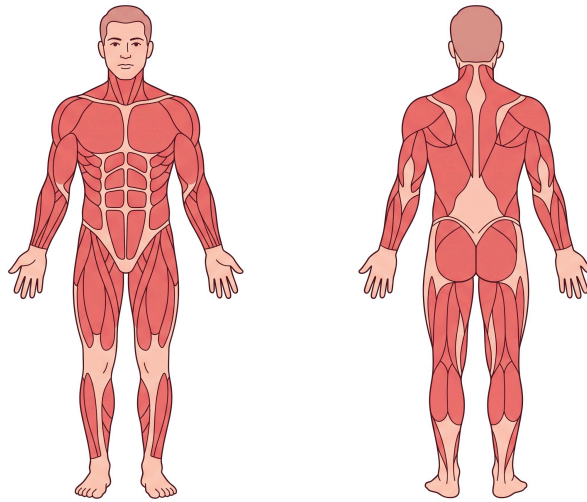


Muscular System

The major muscles and how they move the body



7

printable sheets

17

pages

All

answer keys included

Muscular System Teaching Pack

The major muscles and how they move the body

How to use this pack. The sheets are in a suggested teaching order: show the labeled diagram, have students label the blank one, then work through the practice sheets and finish with the quiz. Use them all over a week or pick the ones you need. The answer keys are together at the back.

What is inside

1. Teach

Muscular System Diagram 3

2. Label

Blank Muscular System 4

3. Match

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4. Read

How Muscles Move You 6

5. Connect

Which Muscle Does the Work? 8

6. Review

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7. Check

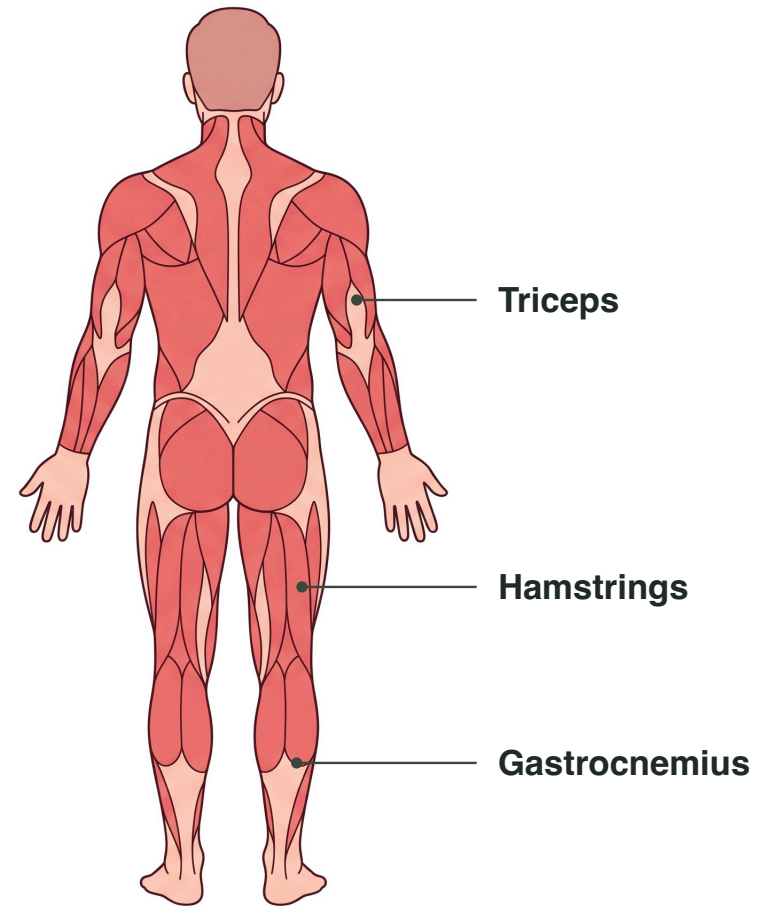
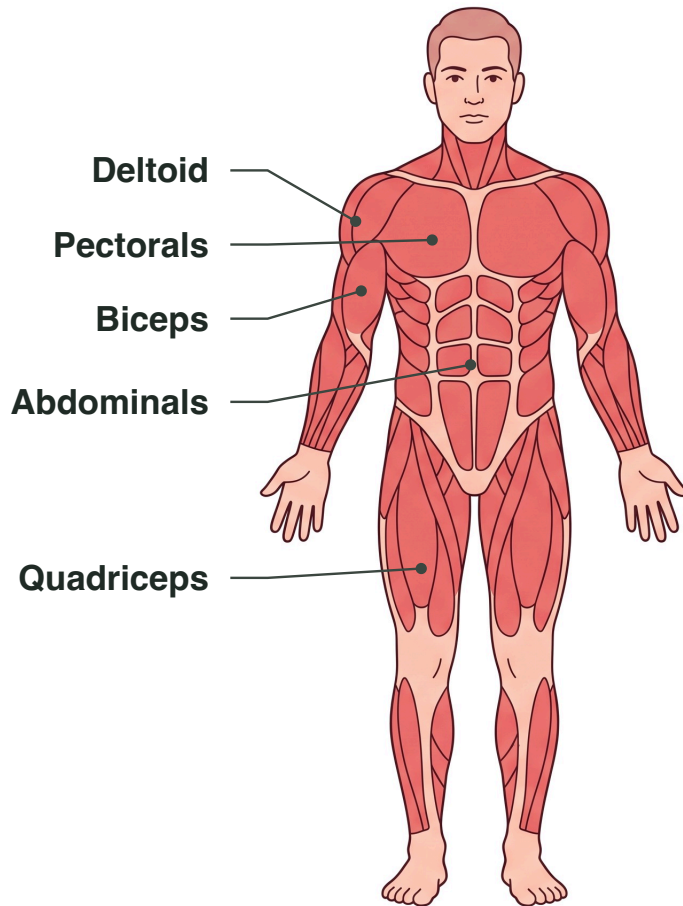
Muscular System Quiz 10

Answer keys

Every answer key, in the same order 12

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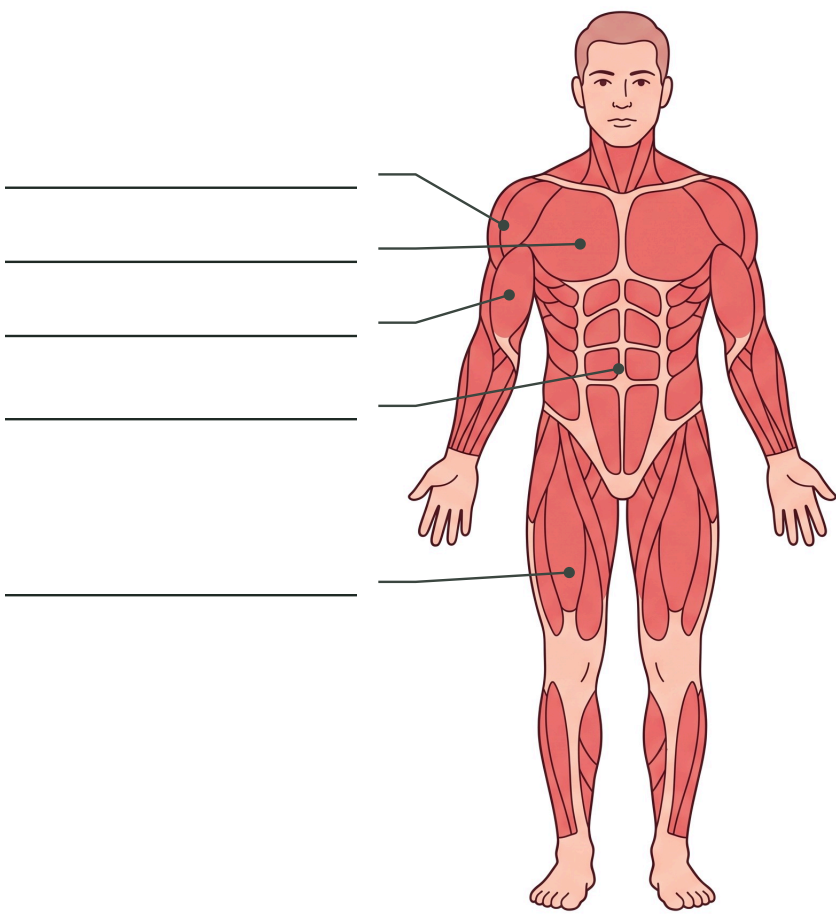
The Muscular System

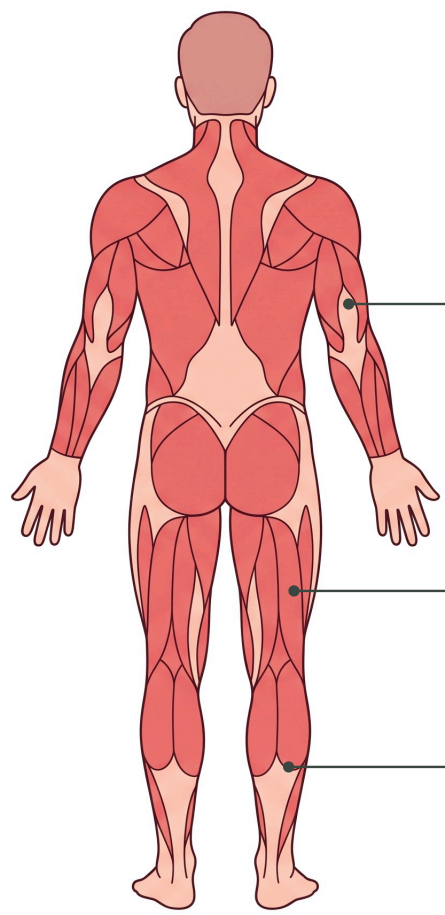


The Muscular System

Name: _____

Write the name of each part on its line. Use the word bank.





Word bank

Abdominals

Biceps

Deltoid

Gastrocnemius

Hamstrings

Pectorals

Quadriceps

Triceps

Muscles and Their Jobs

Use the labeled muscular system diagram to help you.

Part A. Write the muscle that fits each description.

Word bank

Abdominals

Biceps

Deltoid

Gastrocnemius

Hamstrings

Pectorals

Quadriceps

Triceps

1. The muscles on the front of the thigh. They straighten the knee. _____
2. The muscle on the front of the upper arm. It bends the elbow. _____
3. The calf muscle. It lifts the heel when you walk. _____
4. The shoulder muscle. It lifts the arm. _____
5. The muscles on the back of the thigh. They bend the knee. _____
6. The chest muscles. They pull the arms forward and across the chest. _____
7. The muscle on the back of the upper arm. It straightens the elbow. _____
8. The muscles over the belly. They help the body bend forward. _____

Part B. Answer the questions.

1. Which two muscles work as a pair to bend and straighten the elbow?

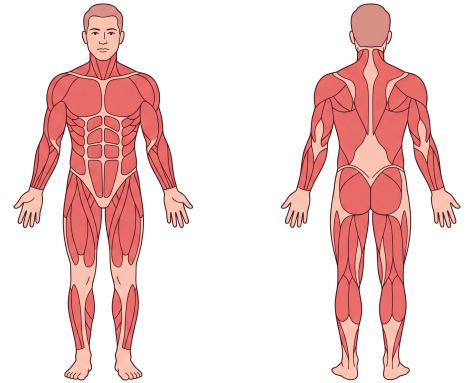
2. Which two muscle groups work as a pair to bend and straighten the knee?

3. You stand up on your tiptoes. Which muscle is working, and what does it do?

How Muscles Move You

Read the text. Then answer the questions on the next page.

- 1 Every move you make, from a blink to a jump, is powered by muscle. Your body has more than 600 **muscles**. Together they make up the muscular system. Muscles move your body, hold you upright and keep your heart beating.
- 2 There are three kinds of muscle. **Skeletal muscle** is attached to your bones. You control it, so it is called voluntary. **Smooth muscle** is in the walls of organs such as the stomach and the blood vessels. **Cardiac muscle** is found only in the heart. Smooth and cardiac muscle work on their own, without you thinking about them. They are called involuntary.
- 3 Skeletal muscles are joined to bones by tough cords called **tendons**. A muscle works by **contracting**, which means it gets shorter. To bend your elbow, your brain sends a signal to the **biceps** on the front of your upper arm. The biceps contracts. It pulls on a bone in your forearm, and your elbow bends.
- 4 A muscle can pull, but it cannot push. That is why skeletal muscles work in pairs. The partner of the biceps is the **triceps**, on the back of the upper arm. When the biceps contracts, the triceps **relaxes**. To straighten your arm, the triceps contracts and the biceps relaxes. Your thigh has a pair too. The **quadriceps** on the front straighten the knee, and the **hamstrings** on the back bend it.
- 5 Muscles need energy, which comes from the food you eat. Working muscles also give off heat. That is why you feel warm when you run. It is also why you shiver when you are cold. Shivering is your muscles contracting quickly to make heat. Muscles that are used often grow stronger.



The muscles, front view and back view.

How Muscles Move You: Questions

Go back to the text to find each answer. The paragraphs are numbered to help you.

1. What is this text mostly about?

- ☐ Why people shiver in winter
- ☐ How the heart pumps blood
- ☐ The kinds of muscle and how muscles move the body
- ☐ How to build bigger arms

2. Which kind of muscle is attached to bones?

- ☐ Smooth muscle
- ☐ Skeletal muscle
- ☐ Cardiac muscle
- ☐ Involuntary muscle

3. What does it mean when a muscle is called involuntary?

4. What is a tendon?

- ☐ The place where two bones meet
- ☐ A signal sent by the brain
- ☐ A muscle in the wall of the stomach
- ☐ A tough cord that joins a muscle to a bone

5. Number the steps 1, 2 and 3 to show how you bend your elbow (paragraph 3).

- ☐ The biceps pulls on a bone in the forearm, and the elbow bends.
- ☐ The brain sends a signal to the biceps.
- ☐ The biceps contracts and gets shorter.

6. Why do skeletal muscles work in pairs?

- ☐ A muscle can pull, but it cannot push.
- ☐ One muscle is too weak to move a bone.
- ☐ Each muscle has to rest half the time.
- ☐ Every bone needs two tendons.

7. What do the triceps and the biceps each do when you straighten your arm?

8. Why do you shiver when you are cold? Use the word heat in your answer.

Which Muscle Does the Work?

Read what you do and what moves. Write the muscle that contracts to make it happen. Some muscles are used twice.

YOU DO THIS	WHAT MOVES	MUSCLE THAT CONTRACTS
1. Lift a cup to your mouth	The elbow bends.	_____
2. Kick a ball	The knee straightens.	_____
3. Stand on tiptoe	The heels lift off the floor.	_____
4. Push up from the floor	The elbows straighten.	_____
5. Raise your hand in class	The arm lifts at the shoulder.	_____
6. Do a sit-up	The body bends forward at the waist.	_____
7. Pull your heel up behind you	The knee bends.	_____
8. Give a big hug	The arms pull in across the chest.	_____
9. Stand up from a chair	The knees straighten.	_____
10. Pull yourself up on a bar	The elbows bend.	_____

Word bank

Abdominals

Biceps

Deltoid

Gastrocnemius

Hamstrings

Pectorals

Quadriceps

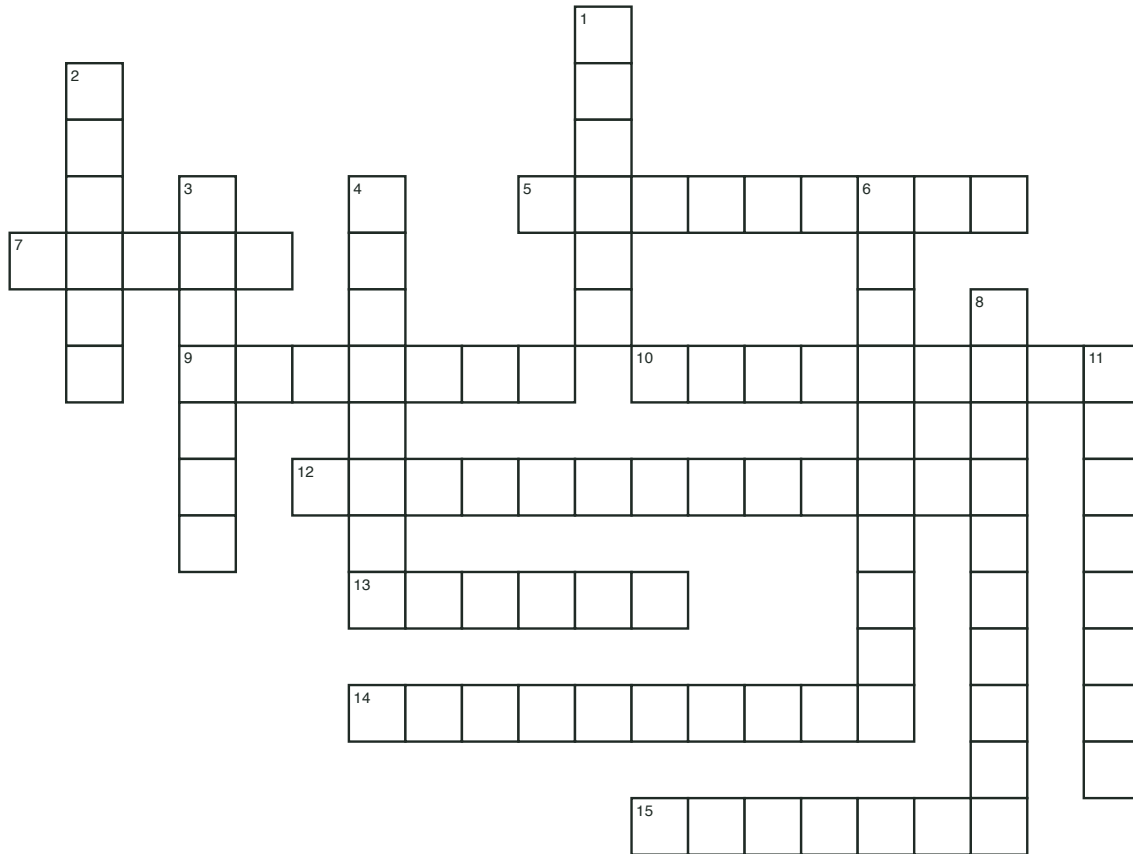
Triceps

Your turn

Muscles work in pairs. When the biceps contracts to bend the elbow, what does the triceps do? What happens when you straighten the arm again?

Muscular System Crossword

Read each clue. Write the answer in the puzzle, one letter in each box. Use the word bank if you get stuck.



ACROSS

5. A word for muscle that you control.
7. What a muscle does when it stops pulling.
9. The shoulder muscle that lifts the arm.
10. The chest muscles.
12. The calf muscle.
13. A tough cord that joins a muscle to a bone.
14. The front thigh muscles. They straighten the knee.
15. The muscle that straightens the elbow.

DOWN

1. The kind of muscle in the walls of the stomach and blood vessels.
2. The muscle that bends the elbow.
3. The kind of muscle found only in the heart.
4. To get shorter and pull. It is what a working muscle does.
6. The muscles over the belly.
8. The back thigh muscles. They bend the knee.
11. The kind of muscle that is attached to bones.

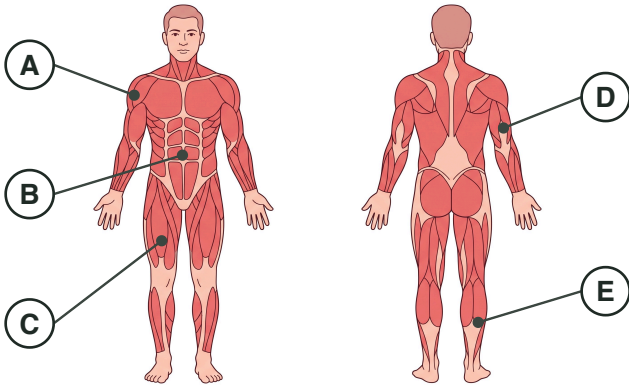
Word bank abdominals biceps cardiac contract deltoid gastrocnemius hamstrings
pectorals quadriceps relax skeletal smooth tendon triceps voluntary

Muscular System Quiz

Score _____ / 13

Show what you know about muscles and how they work.

Part A. These are the muscles from the front and the back. Write the name of each one.



- A _____
B _____
C _____
D _____
E _____

Abdominals · Deltoid · Gastrocnemius · Quadriceps · Triceps

Part B. Choose the best answer.

1. Which muscle bends the elbow?

- ☐ Triceps
☐ Biceps
☐ Deltoid
☐ Quadriceps

2. What joins a muscle to a bone?

- ☐ A joint
☐ A nerve
☐ A tendon
☐ Cartilage

3. Which kind of muscle is found only in the heart?

- ☐ Skeletal
☐ Smooth
☐ Voluntary
☐ Cardiac

4. What happens when a muscle contracts?

- ☐ It gets longer and pushes.
☐ It gets shorter and pulls.
☐ It stops using energy.
☐ It lets go of the bone.

5. Which muscles straighten the knee?

- ☐ Hamstrings
☐ Abdominals
☐ Quadriceps
☐ Pectorals

6. Which of these is a voluntary muscle?

- ☐ The biceps
☐ The heart
☐ Muscle in the stomach wall
☐ Muscle in a blood vessel

Part C. Write your answer.

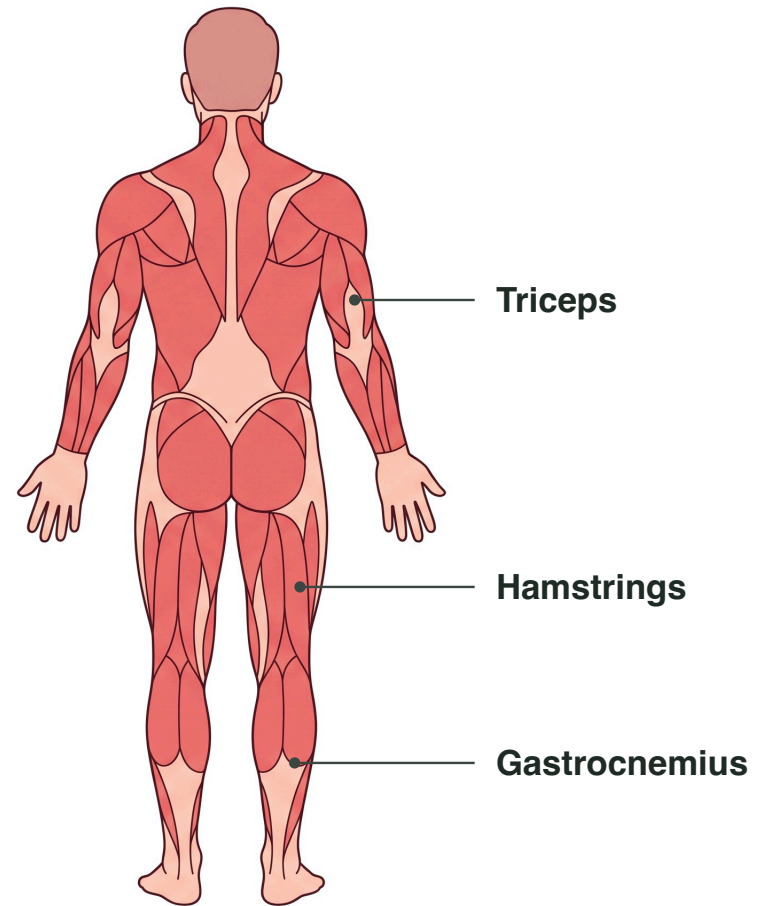
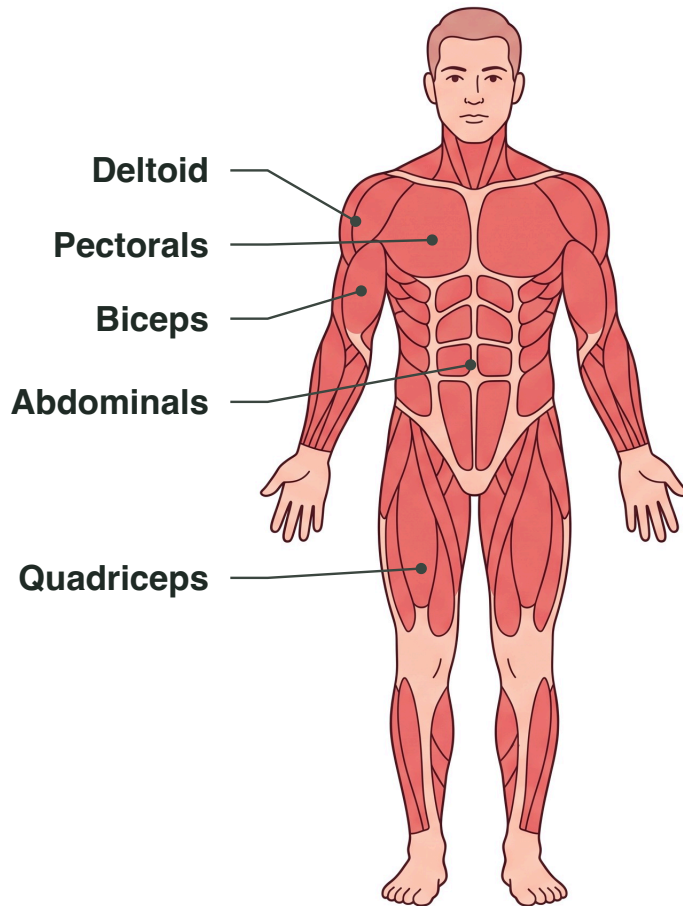
7. Why do skeletal muscles work in pairs?

8. Name the three kinds of muscle.

Answer Keys

In the same order as the sheets.

The Muscular System: Answer Key



Muscles and Their Jobs: Answer Key

Answers are in green. Written answers will vary; these are examples.

Part A. Write the muscle that fits each description.

Word bank

Abdominals

Biceps

Deltoid

Gastrocnemius

Hamstrings

Pectorals

Quadriceps

Triceps

1. The muscles on the front of the thigh. They straighten the knee.	Quadriceps
2. The muscle on the front of the upper arm. It bends the elbow.	Biceps
3. The calf muscle. It lifts the heel when you walk.	Gastrocnemius
4. The shoulder muscle. It lifts the arm.	Deltoid
5. The muscles on the back of the thigh. They bend the knee.	Hamstrings
6. The chest muscles. They pull the arms forward and across the chest.	Pectorals
7. The muscle on the back of the upper arm. It straightens the elbow.	Triceps
8. The muscles over the belly. They help the body bend forward.	Abdominals

Part B. Answer the questions.

1. Which two muscles work as a pair to bend and straighten the elbow?

The biceps and the triceps.

2. Which two muscle groups work as a pair to bend and straighten the knee?

The hamstrings and the quadriceps.

3. You stand up on your tiptoes. Which muscle is working, and what does it do?

The gastrocnemius (the calf muscle). It lifts the heel off the floor.

How Muscles Move You: Answer Key

Answers are in green. Written answers will vary; these are examples.

1. What is this text mostly about?

- ☐ Why people shiver in winter
- ☐ How the heart pumps blood
- ☒ **The kinds of muscle and how muscles move the body**
- ☐ How to build bigger arms

2. Which kind of muscle is attached to bones?

- ☐ Smooth muscle
- ☒ **Skeletal muscle**
- ☐ Cardiac muscle
- ☐ Involuntary muscle

3. What does it mean when a muscle is called involuntary?

It works on its own, without you thinking about it.

4. What is a tendon?

- ☐ The place where two bones meet
- ☐ A signal sent by the brain
- ☐ A muscle in the wall of the stomach
- ☒ **A tough cord that joins a muscle to a bone**

5. Number the steps 1, 2 and 3 to show how you bend your elbow (paragraph 3).

- 3** The biceps pulls on a bone in the forearm, and the elbow bends.
- 1** The brain sends a signal to the biceps.
- 2** The biceps contracts and gets shorter.

6. Why do skeletal muscles work in pairs?

- ☒ **A muscle can pull, but it cannot push.**
- ☐ One muscle is too weak to move a bone.
- ☐ Each muscle has to rest half the time.
- ☐ Every bone needs two tendons.

7. What do the triceps and the biceps each do when you straighten your arm?

The triceps contracts and the biceps relaxes.

8. Why do you shiver when you are cold? Use the word heat in your answer.

Shivering is the muscles contracting quickly. Working muscles give off heat, and the heat warms the body.

Which Muscle Does the Work?: Answer Key

Answers are in green.

YOU DO THIS	WHAT MOVES	MUSCLE THAT CONTRACTS
1. Lift a cup to your mouth	The elbow bends.	Biceps
2. Kick a ball	The knee straightens.	Quadriceps
3. Stand on tiptoe	The heels lift off the floor.	Gastrocnemius
4. Push up from the floor	The elbows straighten.	Triceps
5. Raise your hand in class	The arm lifts at the shoulder.	Deltoid
6. Do a sit-up	The body bends forward at the waist.	Abdominals
7. Pull your heel up behind you	The knee bends.	Hamstrings
8. Give a big hug	The arms pull in across the chest.	Pectorals
9. Stand up from a chair	The knees straighten.	Quadriceps
10. Pull yourself up on a bar	The elbows bend.	Biceps

Word bank

AbdominalsBicepsDeltoidGastrocnemiusHamstringsPectoralsQuadricepsTriceps

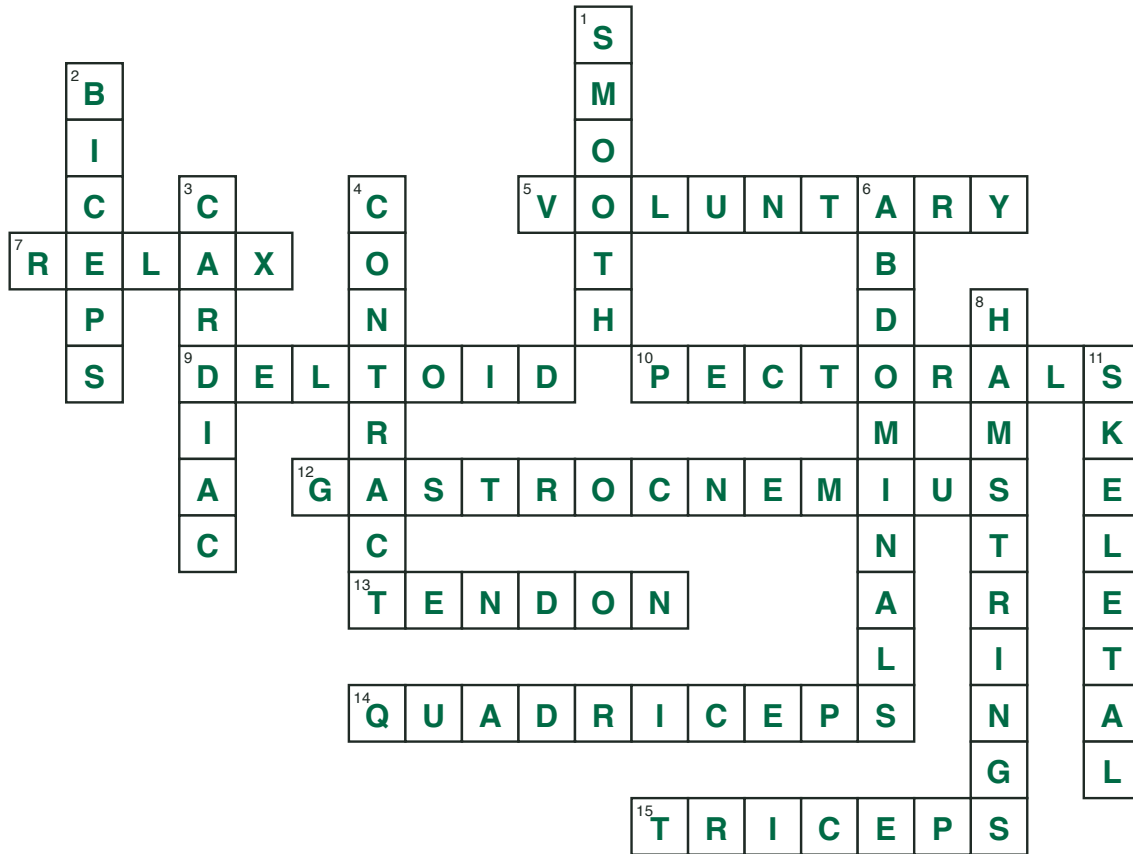
Your turn

Muscles work in pairs. When the biceps contracts to bend the elbow, what does the triceps do? What happens when you straighten the arm again?

The triceps relaxes. To straighten the arm, the triceps contracts and the biceps relaxes.

Muscular System Crossword: Answer Key

Answers are in green.



ACROSS

5. A word for muscle that you control.
7. What a muscle does when it stops pulling.
9. The shoulder muscle that lifts the arm.
10. The chest muscles.
12. The calf muscle.
13. A tough cord that joins a muscle to a bone.
14. The front thigh muscles. They straighten the knee.
15. The muscle that straightens the elbow.

DOWN

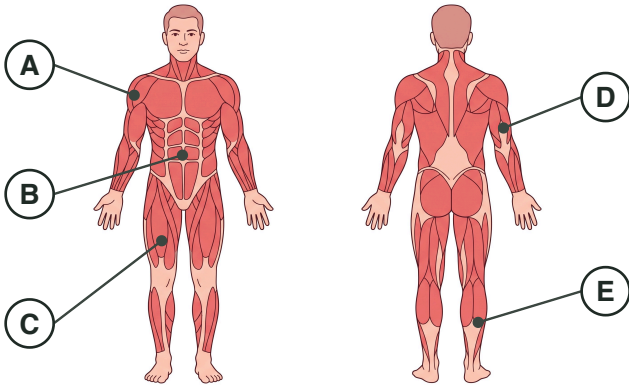
1. The kind of muscle in the walls of the stomach and blood vessels.
2. The muscle that bends the elbow.
3. The kind of muscle found only in the heart.
4. To get shorter and pull. It is what a working muscle does.
6. The muscles over the belly.
8. The back thigh muscles. They bend the knee.
11. The kind of muscle that is attached to bones.

Word bank abdominals biceps cardiac contract deltoid gastrocnemius hamstrings
pectorals quadriceps relax skeletal smooth tendon triceps voluntary

Muscular System Quiz: Answer Key

Answers are in green. Written answers will vary; these are examples.

Part A. These are the muscles from the front and the back. Write the name of each one.



A **Deltoid**

B **Abdominals**

C **Quadriceps**

D **Triceps**

E **Gastrocnemius**

Abdominals · Deltoid · Gastrocnemius · Quadriceps · Triceps

Part B. Choose the best answer.

1. Which muscle bends the elbow?

- ☐ Triceps
- ☒ **Biceps**
- ☐ Deltoid
- ☐ Quadriceps

2. What joins a muscle to a bone?

- ☐ A joint
- ☐ A nerve
- ☒ **A tendon**
- ☐ Cartilage

3. Which kind of muscle is found only in the heart?

- ☐ Skeletal
- ☐ Smooth
- ☐ Voluntary
- ☒ **Cardiac**

4. What happens when a muscle contracts?

- ☐ It gets longer and pushes.
- ☒ **It gets shorter and pulls.**
- ☐ It stops using energy.
- ☐ It lets go of the bone.

5. Which muscles straighten the knee?

- ☐ Hamstrings
- ☐ Abdominals
- ☒ **Quadriceps**
- ☐ Pectorals

6. Which of these is a voluntary muscle?

- ☒ **The biceps**
- ☐ The heart
- ☐ Muscle in the stomach wall
- ☐ Muscle in a blood vessel

Part C. Write your answer.

7. Why do skeletal muscles work in pairs?

A muscle can only pull. One muscle pulls a bone one way, and its partner pulls it back.

8. Name the three kinds of muscle.

Skeletal, smooth and cardiac.