**Science: Mighty Muscles**

**Questions:** Watch the series of videos to help you answer them on scrap paper.

<https://www.bbc.co.uk/bitesize/topics/z9339j6/articles/zpbxb82>

<https://www.bbc.co.uk/teach/class-clips-video/science-ks2-how-do-muscles-and-bones-work/zfgtscw>

1. What do our muscles do?
2. How are our muscles attached?
3. How many muscles are there in the human body?
4. Can muscles only push or pull?
5. What are the names of the **two** muscles in our arms?

Go through the PowerPoint named ‘Mighty Muscles.’

In that there will be information about muscles and their role in the body.

**Today’s main activity is going to be experimental:**

* Think about the muscles in your body.
* Below there is able of movements.
* Before doing the movement, predict what muscles you will use and mark them on the diagram.
* Then complete the movement and see what muscles you use.
* The first one is done for you.

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| **Movement** | **Prediction** – Circle which muscles you think will be used. | **Results** – After you have completed the activity, see if there are any other muscles that might be used. |
| Running: |  |  |
| Get Strong to Your Core with Paripurna Navasana (Full Boat Pose ... Boat Pose: |  |  |
| Reverse Crunch (With images) | Crunches workout, Flat abs workout ...Reverse Crunch: |  |  |
| Chest Press:  How To Do Medicine Ball Chest Press |  |  |
| How To Do Lateral Raises - Get Healthy ULateral Raises: |  |  |