## Muscles



## What to do

Fred wants to be able to pick up heavy weights.

What does he need to build up?

Cross out the incorrect words.

## brain/muscles/bones

) || =

Jo wants to throw the ball further. Which muscles does she need to strengthen?

Which muscles does Ranjit use when he kicks the ball?

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After exercising a lot, what aches?

Cross out the incorrect words.

bones/blood/muscles



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## Think and do

List the muscles you use most during the day.

What happons to musclos if you don't use them?

What happens to muscles if you don't use them?

Brilliant Support Activites **Understanding Living Things** 

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