

## Curriculum Standards

- ▶ Science Investigation & Experimentation– classify based on appropriate criteria
- ▶ Science Investigation & Experimentation– record data using appropriate graphic representation
- ▶ Health Education– muscles of the body

## Which Muscles?

**Introduction:**

- ◆ Ask children to think of and list Olympic sports. (list on board)
- ◆ Ask children to think of and list muscles. (list on board)
- ◆ Lead the class in stretching exercises (if time permits do some sports activities) to allow children to locate and feel muscles at work.
- ◆ Give each child a “Muscles of the Body handout. (have a large wall chart to show children the muscles and allow them to color as the teacher explains)

**Through:**

- ◆ In small groups the children should be given the worksheet “Which Muscles are Used in This Event?” One sport should be assigned to each group. Have each group complete their worksheet. As the groups complete their worksheet, allow the groups to stand and move to mimic the movements of the sport
- ◆ Have each group present their sport and list the muscles used on a large wall chart or board

**Beyond: Extensions**

- ◆ Compare and contrast summer and winter Olympic sports. Which muscles are used?
- ◆ Use bones of the body instead of muscles
- ◆ Use butcher paper to create life-sized human figures to draw and color the muscles of the body
- ◆ Open Court Connections
- ◆ Have an athlete or doctor come to speak to the children about muscles

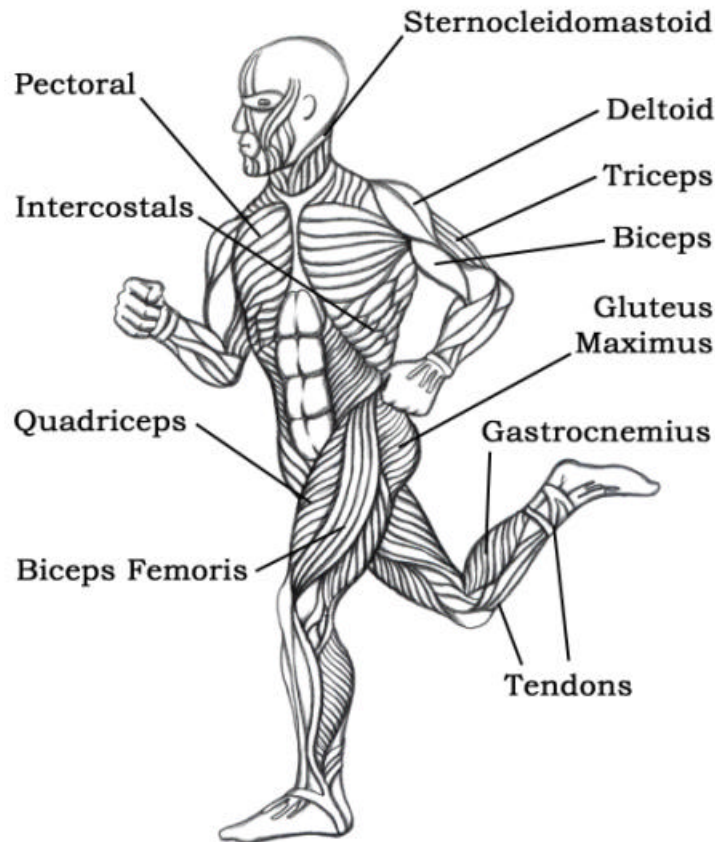
## Resources

- Muscles of the Body handout
- Which Muscles are Used During This Event? worksheet
- Large wall charts of Muscles of the Body and Which Muscles are Used During This Event?
- [Http://www.aafla.org](http://www.aafla.org)
- [Http://www.slc2002.org](http://www.slc2002.org)
- [Http://www.olympic.org](http://www.olympic.org)
- Sports magazines and newspapers

Name \_\_\_\_\_

Date: \_\_\_\_\_

### Some Important Skeletal Muscles



Muscles help control the movement of your body. Tendons are the connective tissue.

**Color each muscle the appropriate color.**

**Red-** Pectoral muscle lowers the arm.

**Orange-** Intercostals turn the upper half of the body and are between the ribs.

**Yellow-** Quadriceps straighten the knees.

**Green-** Biceps Femoris extend the thigh or bend the knee.

**Blue-** Sternocleidomastoid rotates the head.

**Purple-** Deltoid muscle in the shoulder raises the upper arm.

**Brown-** Triceps and biceps raise and lower arms.

**Black-** Gluteus Maximus straightens the hip joint and holds the body upright.

**Pink-** Gastrocnemius helps to stand on toes.

Name: \_\_\_\_\_

### Which Muscles are Used During this Event?

