

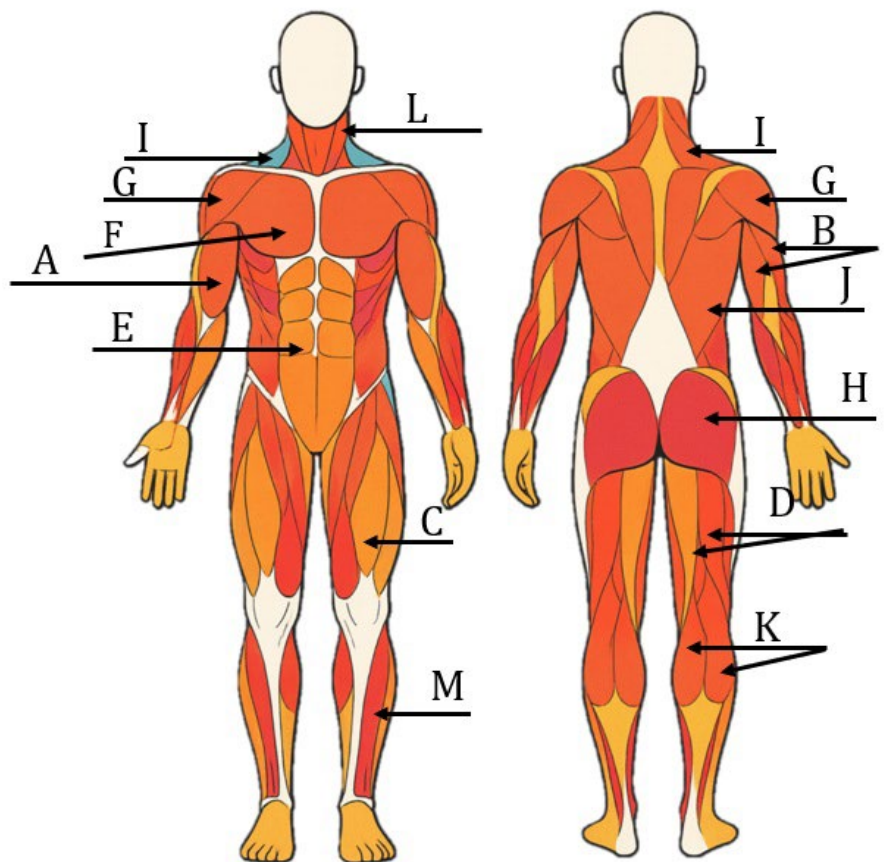
Anatomy Class 3: Muscular System

Home Activities

These activities are designed to be done at home. There is no grade given for these and they do not have to be turned in. The answer key has been emailed to your grown up. The activity sheets are in the online class.

Worksheet: Label the muscles.

- A. Biceps
- B. Triceps
- C. Quadriceps
- D. Hamstrings
- E. Abdominals
- F. Pectorals
- G. Deltoids (2 labels)
- H. Gluteals
- I. Trapezius (2 labels)
- J. Latissimus dorsi
- K. Gastrocnemius
- L. Sternocleidomastoid (SCM)
- M. Tibialis



Pre-Assessment Quiz: Muscular System

1. What helps your body move, run, and jump?
A. Bones
B. Muscles
C. Hair
D. Skin
2. What do your muscles pull on to make you move?
A. Air
B. Bones
C. Water
D. Skin
3. What kind of muscles are in your arms and legs?
A. Smooth muscles
B. Skeletal muscles
C. Cardiac muscles
D. Face muscles
4. Which muscle works all by itself to keep your heart beating?
A. Skeletal muscle
B. Smooth muscle
C. Cardiac muscle
D. Arm muscle
5. Which muscles move your food through your stomach?
A. Skeletal muscles
B. Heart muscles
C. Smooth muscles
D. Face muscles
6. What happens when your muscles shiver?
A. They get tired
B. They make heat to warm your body
C. They make noise
D. They grow bigger right away
7. Which muscles help you sit up tall and bend forward?
A. Leg muscles
B. Abdominal muscles
C. Arm muscles
D. Face muscles
8. When you bend your arm, which muscle is working?
A. Triceps
B. Biceps

- C. Calf muscles
 - D. Shoulder muscles
9. When you straighten your arm, which muscle helps?
- A. Triceps**
 - B. Biceps
 - C. Stomach muscles
 - D. Leg muscles
10. What should you do to keep your muscles healthy?
- A. Stay still all day
 - B. Eat only candy
 - C. Move, stretch, and eat healthy foods**
 - D. Watch TV