

Mighty Muscles



Aim

- I know why we need muscles to move.
- I can set up a simple practical enquiry.
- I can record my findings.

Success Criteria

- I can explain how muscles allow movement.
- I can identify pairs of muscles in the body.
- I can set up a simple practical enquiry.
- I can make modifications to a simple practical enquiry I have set up.
- I can write an explanation for my findings.
- I can write an explanation linking my findings with general scientific ideas.

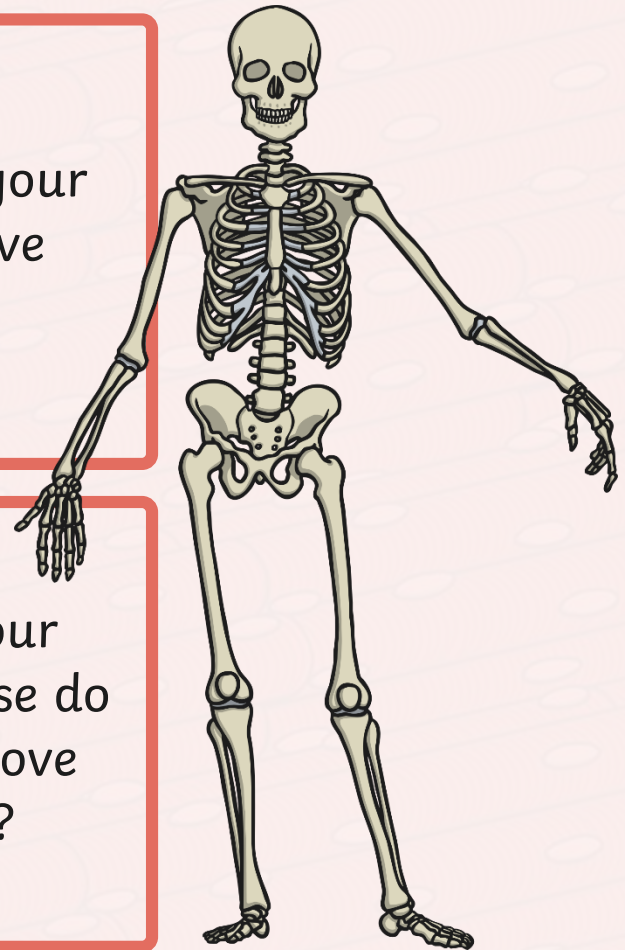
Movement

How do skeletons
move the body?
Discuss

Can you tell your
brain to move
your leg?

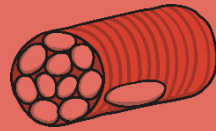
Did your leg move?
Why not?

Along with our
bones, what else do
we need to move
our bodies?

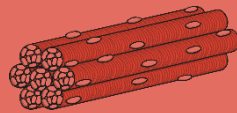


What are Muscles?

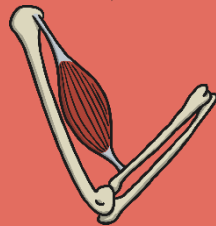
Our bodies are made up of different types of cells



Cells form to make tissue



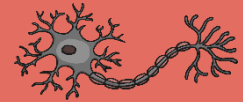
Skeletal muscles are made up of just muscle tissue



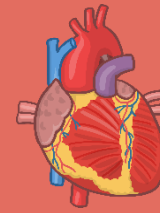
smooth muscle cell



bone cell

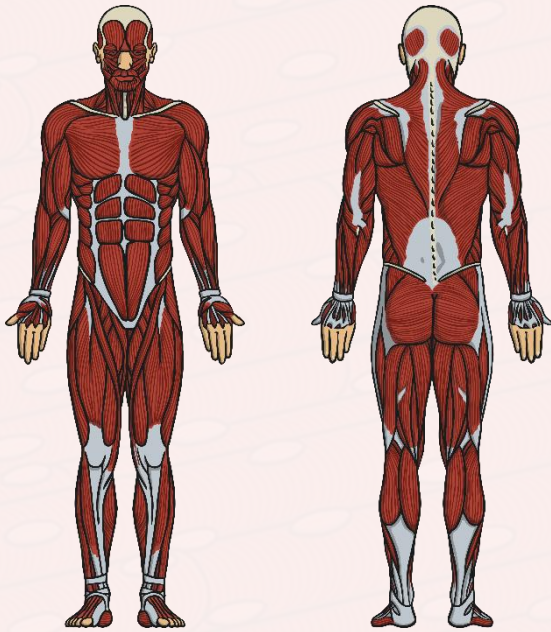


nerve cell

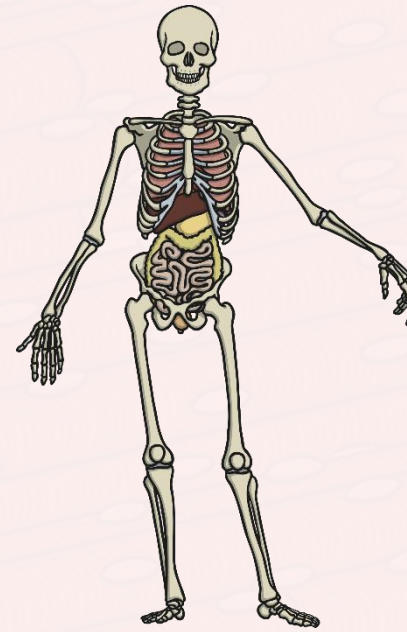


Organs are made up of more than one type of tissue

Mighty Muscles



Skeletal muscles are attached to bones and enable movement.



Some organs have muscle tissue.
Which organs have muscles?
(Hint: Think which organs move things around the body.)

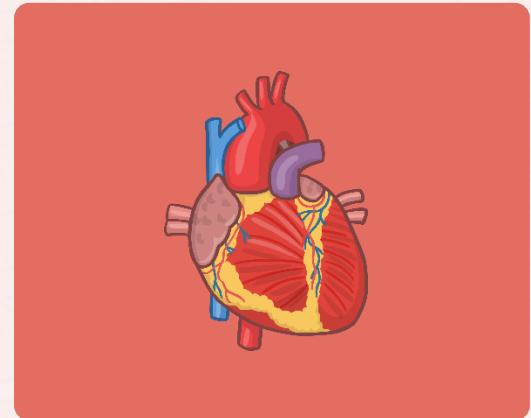
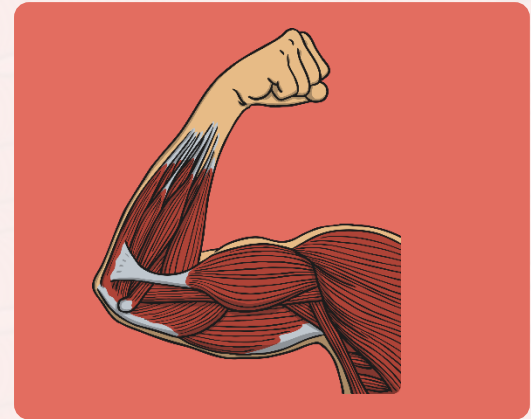
Voluntary and Involuntary

Some muscle movement is voluntary and we can control it. Other muscle movement is involuntary and we don't have control over it.

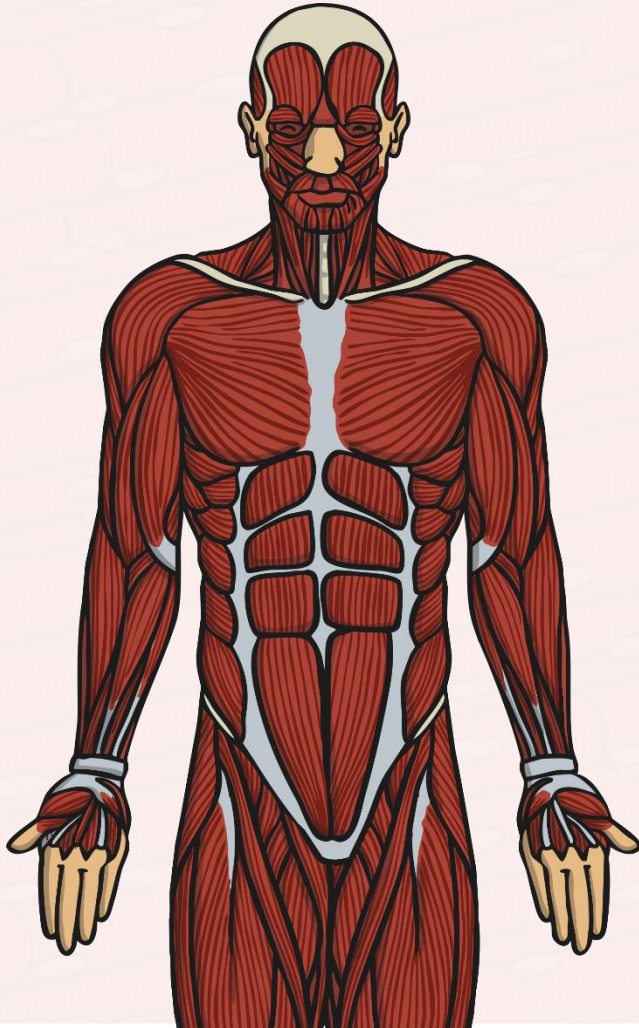
Look at the pictures to the right:
Which shows voluntary muscle movement and which shows involuntary?

Discuss and explain why you made your choice.

Write down what a voluntary muscle is and what an involuntary muscle is you may want to draw a diagram to help you remember.



Two's Company



Watch the following video
and focus on the following:

<https://www.bbc.co.uk/bitesize/clips/zj2kjxs>

1


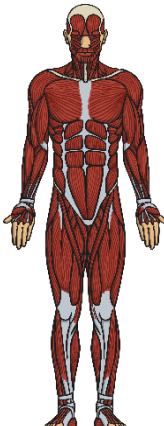
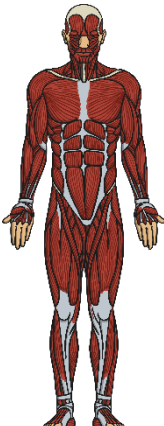
How do muscles
move?

2

What words are used
to describe the
movement?

Move Your Muscles

You are going to do two different activities: You need to predict the muscles you think will be used before the activity. After the activity you will show the results of what you found.

Activity	Prediction (before the activity): Circle or highlight the muscles you <u>think</u> will be used.	Results (after the activity): Circle or highlight the muscles you <u>used</u> .
		

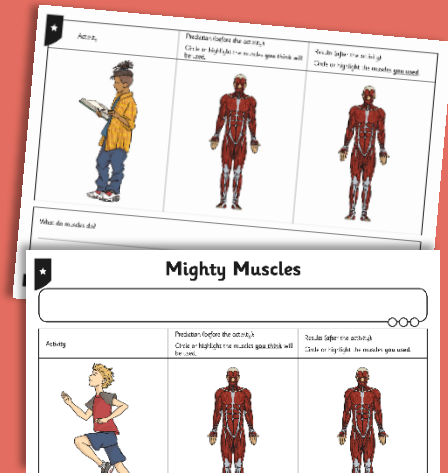
Muscle Memory

Were your predictions correct? Why? Why not?



What have you learnt in this lesson about muscles?

Complete your Mighty Muscles Activity Sheet.



Remember to use the key vocabulary you have learnt in this lesson.
Find the worksheet on the Year 3 plan