

Name: _____
 Date: _____

Subject: Year 3 Science
 Unit: Muscles

Muscles

You have and need many muscles in your body. You have more than 400 muscles, large ones and small ones. Your largest muscle is the gluteus maximus or buttock muscle, and of course your heart is also a large and strong muscle.

Did you know you use 17 different muscles to smile and 43 different muscles to frown? The smallest muscle in your body is in your ear and is thinner than cotton thread.

All muscles are made of an elastic type material. There are three different types of muscles in your body: cardiac, smooth and skeletal.

Skeletal muscles are the muscles you can control for example moving your arms and legs. Skeletal muscles work with your bones and with the help of tendons allow your body to move. All things in life stretch and contract. Without muscles your bones could not move.

Smooth muscles are involuntary muscles. Your heart uses your body to use these muscles. For example your stomach contracts and relaxes allowing your food to be digested. These smooth muscles are also found in your bladder and esophagus.

The cardiac muscle contracts automatically squeezing the walls of your heart. This muscle works nonstop for the rest of your life it contracts about 100,000 times each day! This is an amazing muscle.

We need our muscles so it would be a good idea to look after them. Exercise and rest will keep them in good working condition as will a healthy diet.

