

Can you make a muscle?



Background knowledge

The muscles all over your body move your skeleton. When muscles work, they get thicker and shorter. We say that muscles contract. When a person "makes a muscle," you see their muscle contract. A contracting muscle pulls on a bone, making it move. Muscles need energy to work. They get their energy from sugars in your blood. Most muscles rest or relax after they have been used. They get longer and flatter. The heart is a muscle that works very hard—every time you feel a pulse, your heart muscle has contracted!

Science activity

When you move your legs, feet, hands, or arms, the muscles that move them get thicker and shorter.

On picture A, draw arrows pointing to where you think the muscles moving the feet will get thicker.

On picture B, draw an arrow pointing to where you think the muscle raising the forearm will get thicker.



Science investigation

Design and conduct an experiment to see how your muscles move your arms and legs. Which muscles thicken and shorten when you move different parts of your body?

