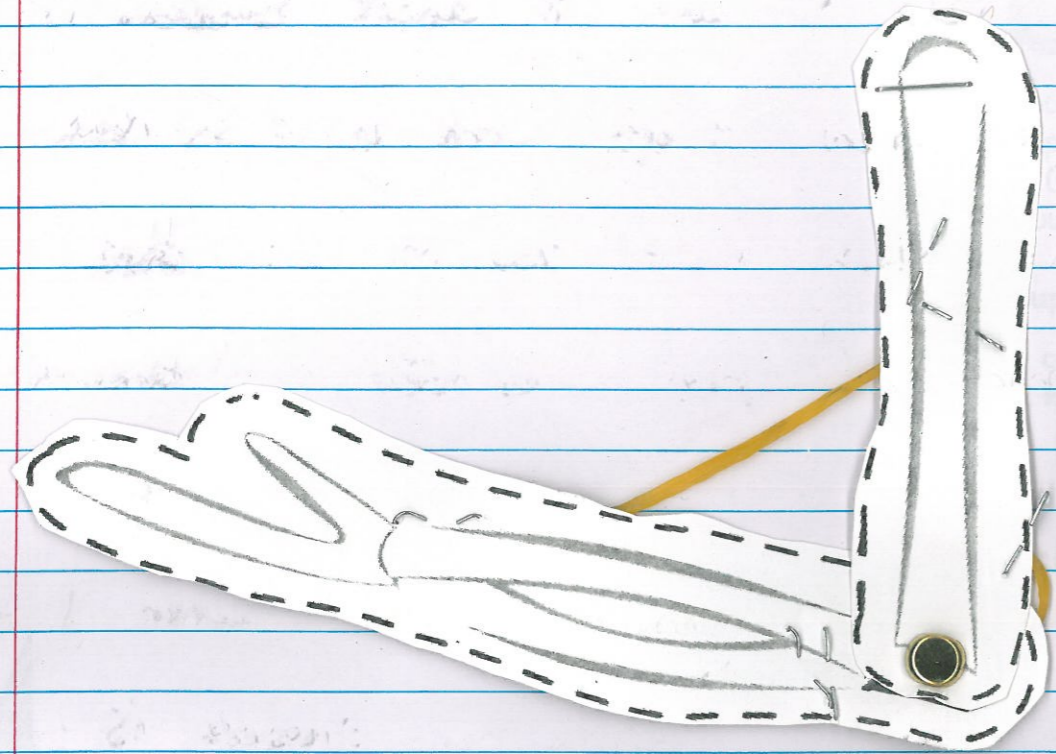


Thursday 11th February

I Know how muscle works



Our body is amazingly made up of just over 650 **muscles** in places around our **whole** body. Things that are called ligaments and tendons attach **to** our muscles to our bones in our bodies. Our brains in our heads send **different** signals or signs so that our muscles can move on their own.

All of our muscles are made up of things that are called cells also fibre which are very similar to elastic bands. The muscles in our **bodies** work in pairs and this means you have two muscles that are attached to our bones inside our **body's**. To move your muscles you need to contract and relax your muscles. When you bend an arm your bicep muscle is contracting which means that it is getting shorter and also fatter. Your tricep is relaxing getting longer and also getting **thinner**. When you move your arm back the opposite happens. When we move some of our muscles it is voluntary that means that we are controlling it. Some of our muscles movement **is** involuntary and this means you don't have the control