OUT OF CLASS ACTIVITY

1. Using this website: http://www.sport-fitness-advisor.com/muscular-system-diagram.htm. Print and label the muscular diagram included in this packet. Notice there is a front and back view. Click on both to see and print both views of the human body.
2. Visit the following website: <http://yucky.discovery.com/flash/body/pg000123.html> to find interesting facts about the muscular system.

Answer the following questions:

   How much of your body weight is muscle?

   How do muscles make you move?

   How many muscles are in the human body?

   What is a voluntary muscle?

   Where are involuntary muscles found and how do they move?

   What happens when you pull a muscle?

   What is the largest muscle in the body?

   What is the busiest muscle in the body?

1. Go to the website: <http://www.kidport.com/Grade6/Science/BodyMuscles.htm>

Take the muscle quiz on this page.

How many did you get correct? \_\_\_\_\_\_\_\_\_\_\_\_\_\_ How many did you miss? \_\_\_\_\_\_\_\_\_