

3rd GRADE MINIMUM CONTENTS

UDI 1: OUR BODY – MUSCLES (3)

► MUSCLES

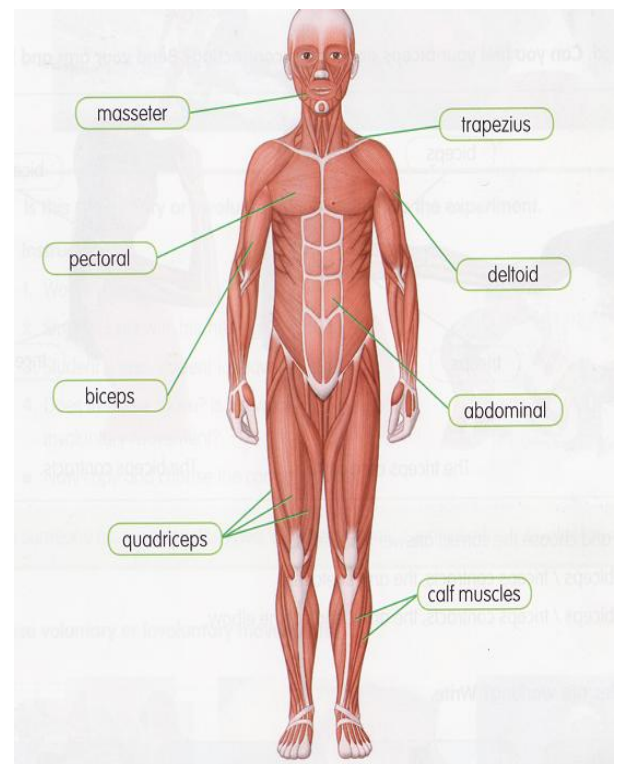
Muscles are strong, elastic tissue attached to bones. They move the bones they are connected to. We divide muscles into two groups:

- **Voluntary muscles** move when we want them to move. We control their movements.
- **Involuntary muscles** move automatically. We do not control their movements. For example, the heart pumps blood around our body day and night. Other involuntary muscles in our stomach help digest our food.

How we use our muscles

Muscles are flexible. When they contract, they are short. When they relax, they are long. Every muscle in our body has a special function.

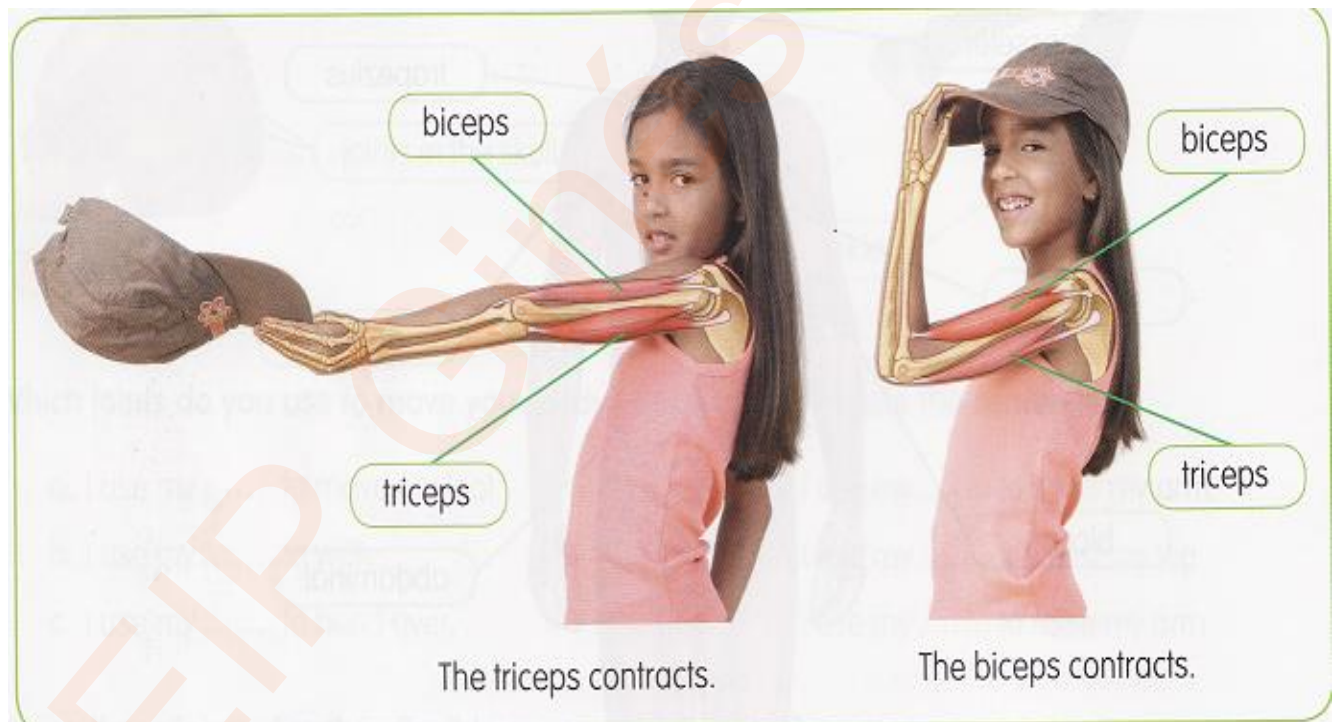
- The **trapezius** muscle helps move our shoulders.
- The **quadriceps** muscles help us walk, run and jump.
- The **abdominal** muscles help us bend down.
- The **biceps** and **triceps** muscles work together to bend and stretch our arms.



► MOVEMENT

Every day we move our body in different ways. We bend, stretch, sit, stand, run and jump. We move our eyes to read and our hands to write. Movements can be voluntary or involuntary.

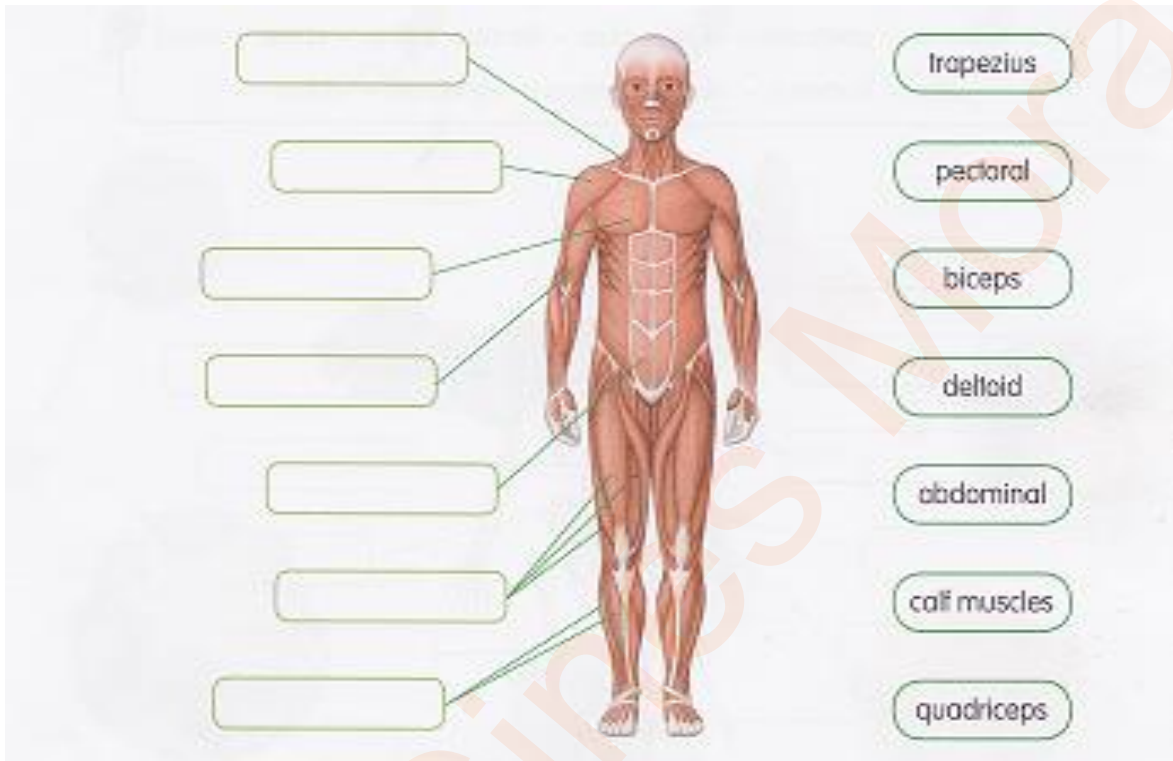
- **Voluntary movements** are when we control our actions. For example, when we want to run, we move our legs faster.
- **Involuntary movements** are when we do not control our actions. They are automatic, reflex actions. For example, when something irritates our nose, we sneeze.



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ACTIVITIES

1. Look and label the muscles.



2.- Unscramble the letters and write.

- Muscles are (blexifle)
- Muscles are (hortst) when they contract and (ngol) when they relax.
- The (driquespc)muscles help us run and jump.
- The (ziraustpe) muscle helps move our shoulders.

3.-Label the muscles. Complete the sentences.



Bones and muscles work together to move your body. Muscles are flexible. When the..... muscle contracts, the arm bends at the elbow. When the muscle contracts, the arm stretches.

4.- Read and circle True or False. Then, correct the false sentences.

- Movements can be voluntary or involuntary. True/ False

- We control involuntary movements. True/ False

- Involuntary movements are automatic, reflex actions. True / False

- Breathing is a voluntary action. True/ False

- Jumping is an involuntary action. T rue / False

5.- Complete your bilingual dictionary.

MUSCLES		
- Muscle : _____	- Masseter : _____	- Deltoid : _____
- Involuntary muscle : _____	- Pectoral : _____	- Abdominal: _____
- Voluntary muscle : _____	- Biceps : _____	- Calf muscles : _____
	- Quadriceps : _____	- Contract : _____
	- Trapezius: _____	- Relax : _____