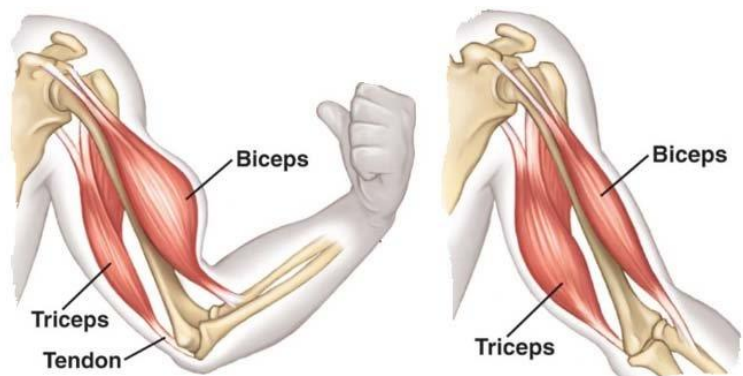


Muscle Pairs

Fill in the missing words in the passage below using the word bank provided. Look at the diagram to help you with your answers. If you do not want to print out the sheet, copy out the passage or write a numbered list of the missing words.

The human body contains more than (1) muscles. These muscles are attached to bones by tendons. When a muscle (2)..... it shortens and (3) on the bone. If the bone is part of a (4) it will cause the bone to move. Muscles always work in (5) While one muscle is contracting, the other is (6)..... . When muscles contract they become (7)..... . When muscles relax they become (8)

The diagram shows a picture of the bicep and tricep. These muscles work together to bend and



straighten the arm at the (9) joint. To bend the arm the bicep muscle (10) and the tricep muscle (11)

However, to straighten the arm the (12) muscle contracts and the (13) muscle relaxes.

WORD BANK: elbow, contracts, relaxes, 600, relaxing, joint, pulls, longer, shorter, pairs, bicep, tricep, contracts.