
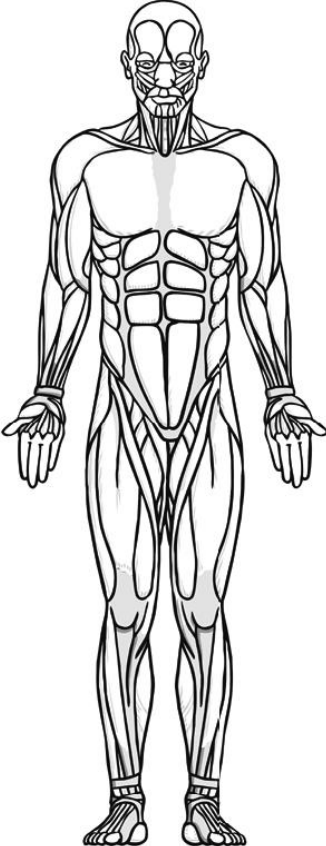
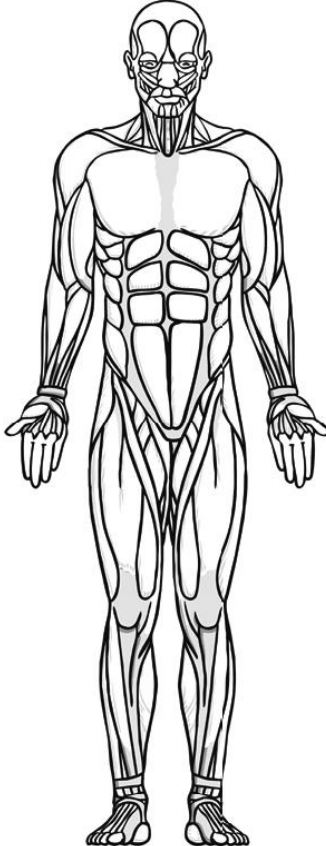

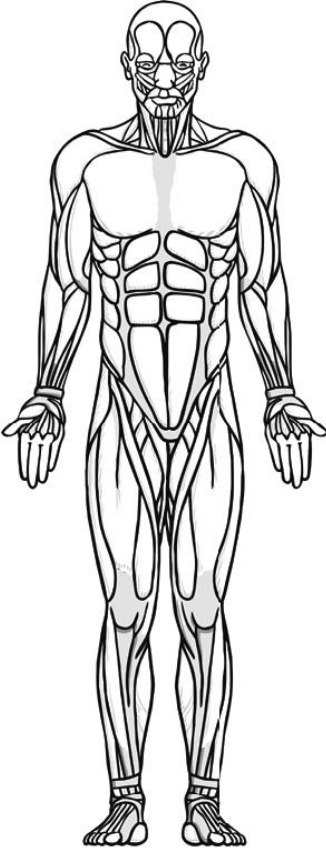
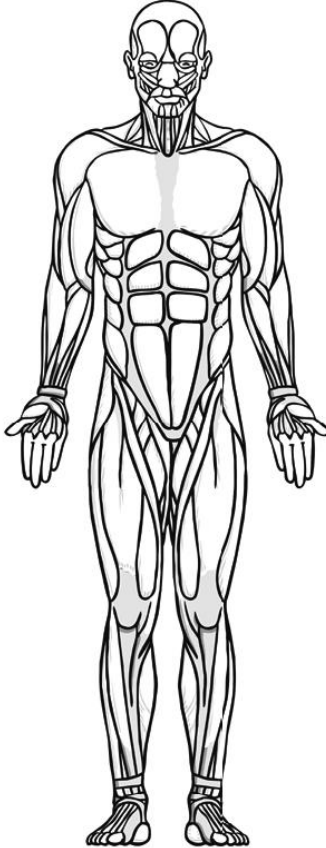


Move Your Muscles!

Complete the table to predict and then test out which muscles you use for the two activities shown. If you do not want to print out the table, simply write down the activity and list the muscles for your prediction and results.

Activity Running	Prediction (before the activity) Highlight and label the muscles <u>you think</u> will be used:	Results (after the activity) Highlight and label the muscles <u>you used</u> :
		

<p>Activity Reading</p>	<p>Prediction (before the activity) Highlight and label the muscles <u>you think</u> will be used:</p>	<p>Results (after the activity) Highlight and label the muscles <u>you used</u>:</p>
		
<p>Which activity do you think used the most muscles? Can you explain why?</p>		