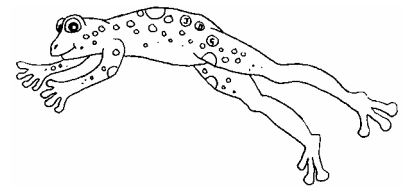
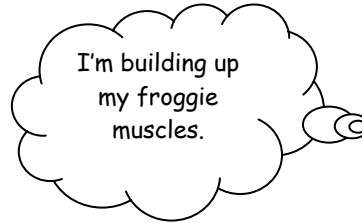


Name _____



THE MUSCLES

Find the words in the word search.
Each word has something to do with your muscles.

a	b	c	s	u	i	r	o	t	r	a	s
d	t	r	a	p	e	z	i	u	s	e	f
d	o	q	n	m	l	k	j	i	h	t	g
e	r	p	u	q	r	s	t	u	v	e	w
l	e	x	h	a	m	s	t	r	i	n	g
t	t	y	z	s	d	a	t	b	c	d	e
o	e	f	g	e	h	r	i	j	k	o	s
i	s	p	o	l	i	n	i	m	l	n	u
d	s	b	i	c	e	p	s	c	b	c	e
r	a	q	e	s	w	y	z	a	e	d	l
s	m	p	v	u	x	e	f	g	h	p	o
t	s	t	e	m	p	o	r	a	l	i	s

hamstring, soleus, muscles, triceps, biceps, trapezius, quadriceps, deltoid,
tendon, temporalis, sartorius, masseter

Fill in the blanks then move your muscles.

1. Your biceps are in the part of your arm. Can you make your biceps flex (bulge)?
2. The tendon on your is called 'Achilles tendon'. Feel your Achilles tendon. It is the fibrous cord that connects the muscles of the calf to your bone. Move your foot up and down to feel the Achilles tendon.
3. The m..... is a muscle of your cheek and used when moving your jaw. Put your hands on your cheeks and make facial movements to feel your m.....

Underline the 9 mistakes.

When Chris decided to do some bodybuilding he had no idea that his biceps would get to the size they did. Enormouse muscles soon bulged under his shirt and he was asked to modle for a television comercial. He was paid considerably for his eforts and he enjoyd all the atention he received.