

Appendix A

The Mighty Muscle

There are three different types of muscles that keep your body moving and functioning.

1. Skeletal or _____ muscles move your bones by commands from your brain that you can control.
2. Smooth or _____ muscles work automatically without your thinking.
3. The _____ muscle is found only in your heart and is one that works automatically, without your control.

Under each picture, write the kind of muscle that would be used for that activity.

chewing



blinking



running



heart beating



jumping



breathing



Appendix B

Name _____

Your Bones

1. Fill in the blanks in the definitions.
2. Write the correct words on the lines to label the diagram of the bone below.

The hardest part of the bone is the _____.

The _____ is filled with marrow and has air spaces to make it light.

The bone _____ is the place where red blood cells are made.

