

Muscles Make Me Move

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Understanding Our Muscles

Name: _____

Date: _____

Answer the questions about muscles and how they help us.

1. What do muscles help us do? Circle the correct answer.

Sleep

Move our body

Eat food

2. Trace the word that tells us how we move.

MUSCLES

3. Draw a line from each movement to what muscles help us do.

Jump

Play

Run

Dance

4. Muscles are hard and stiff.

True

False

5. Muscles help me ____ and play.

6. Can you show me a muscle movement? Circle the correct answer.

Hug

Sit still

Dance

Answer Key

1. Move our body 2. MUSCLES 3. Jump 4. False 5. jump 6. Dance