

Week 3: Muscles

Name: _____

Unit Verse:

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:14

Concepts Taught:

- There are more than 640 muscles in your body.
- Muscles are made up of thousands of long skinny cells called muscle fibers.
- Muscles get their energy from the blood supply. They need glucose and oxygen to make energy to move.
- There are three types of muscle groups: skeletal, cardiac and smooth.
- Exercise makes muscles stronger and larger.

Vocabulary:

Skeletal muscles: muscles that are attached to bones and help us move.

Cardiac muscles: heart muscles.

Smooth muscles: muscles that do not have striations; found in places like blood vessels, stomach, intestines, and bladder.

Involuntary muscles: muscles that work automatically i.e. heart muscle

Voluntary muscles: muscles that can be controlled just by thinking about them such as fingers, toes, and arms.

One thing I learned this week: