

OUR MUSCULAR SYSTEM

HOW DOES OUR MUSCULAR SYSTEM HELP US MOVE?





**OUR BONES CANNOT
MOVE ON THEIR OWN.**

**THEY NEED THE
MUSCULAR SYSTEM TO
HELP THEM.**

THE MUSCLES IN OUR BODY MAKE UP OUR MUSCULAR SYSTEM



MUSCLES ARE THICK,
STRETCHY BANDS THAT
COVER OUR SKELETON.

THEY ARE ATTACHED TO OUR
BONES AND PULL ON THEM
TO MAKE THEM MOVE

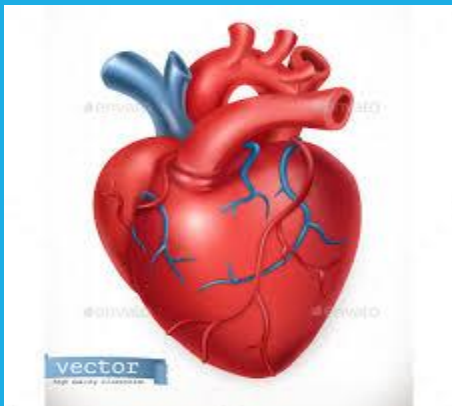
WATCH THIS VIDEO!!



**[HTTPS://WWW.YOUTU
BE.COM/WATCH?V=VVL
-8ZR2HK4](https://www.youtube.com/watch?v=VVL-8ZR2HK4)**



THANKS TO OUR MUSCLES WE CAN:
RUN , JUMP, SMILE AND STAND UP
RIGHT.

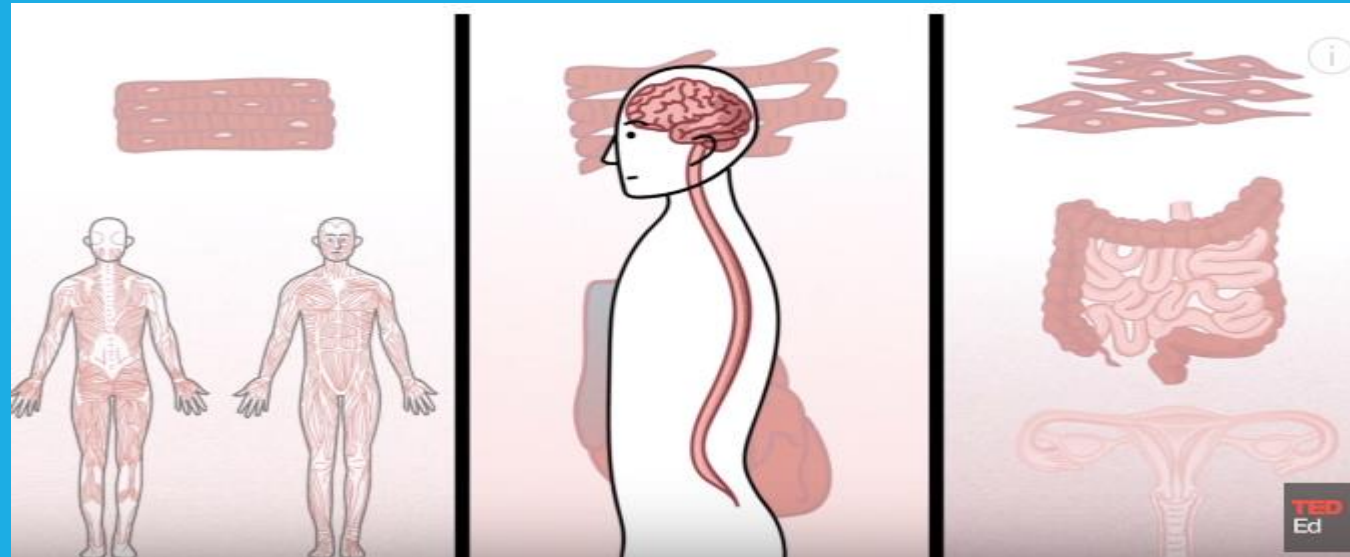


DID YOU KNOW?

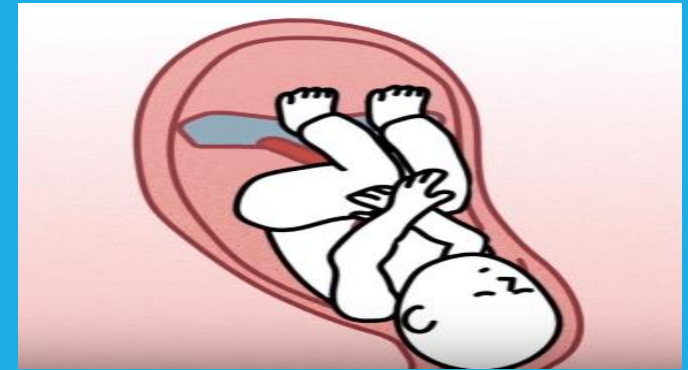
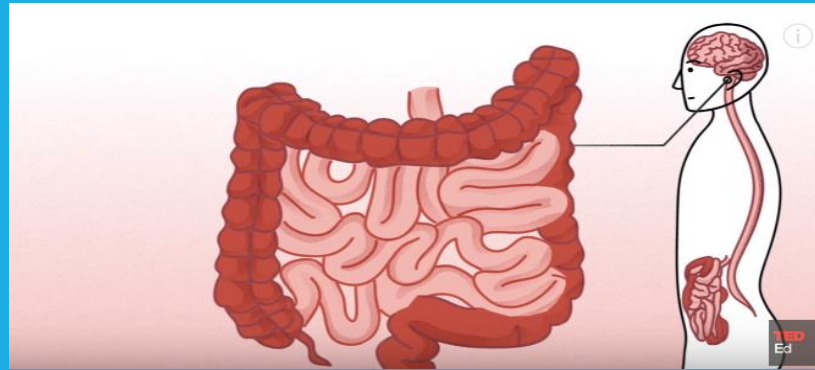
**EVERY TIME WE FROWN, WE USE MORE
THAN 40 MUSCLES.**

**~~WE USE ONLY ABOUT 15 MUSCLES WHEN WE
SMILE. SO, TO SAVE MUSCLE POWER, SMILE!~~**

THE MUSCLES CELLS ARE CALLED:
FIBERS, THOSE RECEIVE SIGNALS OF
THE NERVOUS SYSTEM, WHICH
CONTRACT THEM AND GENERATES
FORCE AND MOTION.



OUR MUSCLES HELPS TO: OUR HEART, BIRTH AND DIGGESTION PROCESS



**THE MUSCLES USE
ENERGY (FOOD) AND
PRODUCE HEAT WHICH
HELPS US BE WARM**



THERE ARE TWO TYPES OF
MUSCLES:

SKELETAL MUSCLES: GIVE OUR
BODY STRENGTH AND POWER,
THEY ARE ATTACHED TO OUR
BONES.

CARDIAC AND SMOOTH MUSCLES:
WICH ARE INVOLUNTARY MUSCLES
THAT MEAN THEY MOVE ON THEIR
OWN WOTHOUT YOU HAVING TO
THINK ABOUT THEM.

**THE CARDIAC MUSCLES KEEP YOUR
HEART BEATING**

**SMOOTH MUSCLE IS FOUND IN
YOUR STOMACH, INTESTINES AND
BLADDER**

QUICK CHECK!!!



**WHERE ELSE ARE THE MUSCLES
PRESENT IN OUR BODY?
WHAT ARE THESE MUSCLES USED
FOR?**



**DRAW 5 ACTIVITIES
WHERE YOU USE YOUR
MUSCLES 😊**



HOW CAN WE CARE FOR OUR SKELETAL AND MUSCULAR SYSTEMS?

