

Introduction to the Muscular System

Learning Outcomes:

Bronze: be able to *identify* major muscles in the body. (4/5)

Silver: be able to *describe* how muscles work together to move. (5/6)

Gold: *analyse* how muscles work in pairs using practical examples. (7)

DO NOW:

Match the number (name of muscle) to the letter (picture of muscle) from around the room.

- | | |
|----|-----|
| 1. | 7. |
| 2. | 8. |
| 3. | 9. |
| 4. | 10. |
| 5. | 11. |
| 6. | |

Agonist: _____

Antagonist: _____

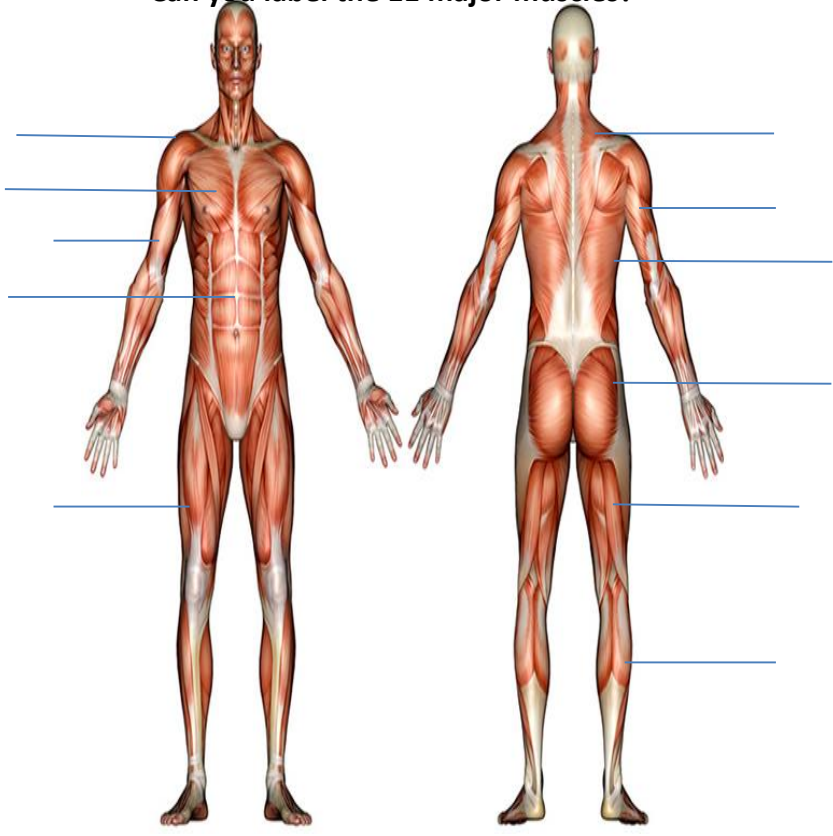
Fixator: _____



Rafa Nadal has a very muscular physique and is known to be a very powerful Tennis player. Can you explain which muscles he relies on the most to play Tennis? How do they work together to produce movement?

Key words: Agonist, Antagonist, Antagonistic Pairs, Fixator

Can you label the 11 major muscles?



Cristiano Ronaldo is also known to have a very muscular and athletic physique. Can you explain which muscles he relies on to take powerful free-kicks? How do they work together to generate power?

*Extension Task – 8

As you know, exercise strengthens your muscles. In the table below, can you predict the short-term and long-term effects exercise has on muscles?

Short-term effects of exercise	Long-term effects of exercise

Can you label some of Brock Lesnar's muscles:



4/5

5/6

7