

# Title: Functions of the Skeletal Muscles

|  |            |                     |           |                 |        |           |             |               |              |   |                   |                  |               |     |     |      |         |        |  |  |
|--|------------|---------------------|-----------|-----------------|--------|-----------|-------------|---------------|--------------|---|-------------------|------------------|---------------|-----|-----|------|---------|--------|--|--|
| <b>Objectives</b><br>Student will understand the roles of the three types of skeletal muscles.   |            |                     |           |                 |        |           |             |               |              | <b>Time frame to Complete</b><br>35 minutes |                   |                  |               |     |     |      |         |        |  |  |
|  |            |                     |           |                 |        |           |             |               |              | <b>NRS EFL</b><br>4                         |                   |                  |               |     |     |      |         |        |  |  |
| Stackable Cert. Documentation  | Technology | Study / Life skills | EL-Civics | Career Pathways | Police | Paramedic | Fire Rescue | Medical Asst. | EKG / Cardio | Phlebotomy                                  | Practical Nursing | Healthcare Admin | Pharmacy Tech | IMT | AMT | HVAC | Welding | Other: |  |  |
|  | X          |                     |           |                 |        | X         |             | X             |              |   | X                 |                  |               |     |     |      |         |        |  |  |
| <b>Standard(s) Addressed in Lesson</b><br>Read with Understanding  |            |                     |           |                 |        |           |             |               |              |   |                   |                  |               |     |     |      |         |        |  |  |
| <b>Benchmark(s) Addressed in Lesson</b><br>R.4.1. Identify purposes for reading<br>R.4.16. Construct meaning from text by evaluating relevance of prior knowledge and applying appropriate knowledge to new information read.  |            |                     |           |                 |        |           |             |               |              |   |                   |                  |               |     |     |      |         |        |  |  |
| <b>Materials</b><br>Computer with internet access<br>Website (Welcome to Muscles): <a href="http://tjunior.thinkquest.org/5777/mus2.htm">http://tjunior.thinkquest.org/5777/mus2.htm</a><br><i>Muscles</i> handout (teacher-created)<br><i>Mighty Muscles</i> worksheet available from <a href="http://www.educationworld.com/a_lesson/hunt/hunt035.shtml">http://www.educationworld.com/a_lesson/hunt/hunt035.shtml</a>   |            |                     |           |                 |        |           |             |               |              |   |                   |                  |               |     |     |      |         |        |  |  |
| <b>Learner Prior Knowledge</b>   |            |                     |           |                 |        |           |             |               |              |   |                   |                  |               |     |     |      |         |        |  |  |
| <b>Activities</b><br><br><u>Step 1</u> Initiate a discussion with the students about muscles to elicit prior knowledge. What are muscles? How do we use them? Where in the body are the muscles? Tell students that today they will be learning about the different types of muscles and their functions in the body.<br><br><u>Step 2</u> Distribute the handout describing the types of muscles and the <i>Mighty Muscles</i> worksheet. Have students log-in to the computer and go to the website: <a href="http://tjunior.thinkquest.org/5777/mus2.htm">http://tjunior.thinkquest.org/5777/mus2.htm</a><br><br><u>Step 3</u> Have students navigate the website and search for the answers to the questions on the worksheet.<br><br><u>Step 4</u> Students complete the worksheet by supplying the correct question for the five answers on the worksheet. |            |                     |           |                 |        |           |             |               |              |   |                   |                  |               |     |     |      |         |        |  |  |

**Assessment/Evidence**

Correct completion of the worksheet

**Adaptations for Beginning Students**

none

**Adaptations for Advanced Students**

Advanced students may use an internet search to find more detailed websites about the different types of muscles.

**Teacher Reflection/Lesson Evaluation**

This lesson was created by Middletown ABLE.

## MUSCLES

There are three types of muscles in our bodies: skeletal muscles, smooth muscles and cardiac muscles.

**1) Skeletal muscles** are the muscles that move our bones. When a muscle contracts, the bone it is attached to remains still because other muscles hold it in place.

Muscles can perform many actions. Some of the terms to describe those actions are listed below:

**Flexion** – bending a limb

**Abduction** – movement away from the body

**Adduction** – movement towards the body

**Rotation**- circular movement around a central point

**2) Smooth muscles** are the muscle fibers that move our internal organs such as the digestive tract and blood vessels. These muscles are controlled by our nervous system.

**3) Cardiac muscle** functions involuntarily and is responsible for the pumping of our hearts.

Name: \_\_\_\_\_

# MIGHTY MUSCLES

**Directions:** What do you know about the muscles in your body? Use the Web site below to learn more about muscles. Then read the answers on this page. Write a question to go with each answer.

**Web Resources:**

Welcome to Muscles  
<http://tqjunior.thinkquest.org/5777/mus2.htm>



1. \_\_\_\_\_ ?.

**Answer:** link bones across joints.

2. \_\_\_\_\_ ?.

**Answer:** superficial muscles.

3. \_\_\_\_\_ ?.

**Answer:** 640.

4. \_\_\_\_\_ ?.

**Answer:** by expanding and contracting.

5. \_\_\_\_\_ ?.

**Answer:** skeletal, smooth, and cardiac.

**Something to Think About:** What do you think is the most important job of the muscles in your body? Why do you think that?

**Learn More:** Go to Jump Into a Healthy Life at <http://tqjunior.thinkquest.org/5407> and take a quiz, complete a word search, or learn some new jump rope techniques to practice during recess or after school.

## **Mighty Muscles Answer Key**

1. What do skeletal muscles do?
2. Which muscles are nearest to the skins?
3. How many skeletal muscles are there?
4. How do muscles move bones?
5. What are the three kinds of muscles?