

A Read and match.

1 muscle

2 contract

3 movement

4 adult

5 bone

6 relax

a

n. the act of moving from one place or position to another

b

n. a fully grown person

c

n. body tissue that can contract and relax to produce movement

d

v. to make (something) smaller or shorter

e

v. to become or to cause (something) to become less tense, tight, or stiff

f

n. any one of the hard pieces that form a skeleton inside a person's or animal's body

B Read and write the correct words using the words from A.**Muscles and Bones**

Imagine you are running in a race. Your legs are moving quickly. What's happening inside your legs? Your muscles and bones are working together. They are making your legs run.

s use power and energy to move your body. Some muscles are attached to your bones, and they are called skeletal muscles. They work together with your s to help you move.

Our body needs a lot of bones and skeletal muscles to move around. In an body, there are 206 bones and over 650 skeletal muscles.

How do muscles help you move?

Muscles work by ing. That means they get shorter and thicker as they work together. There are two kinds of muscles that control almost all body s. They are called flexor and extensor muscles. When one muscle contracts, the other muscle es.