Name: _____ Date: _____

Muscles Take Turns

Circle group

Hold out your arm. Bend your elbow. Your hand goes up. Now make your arm straight. How did that happen?

Muscles did it. A muscle can only pull. It cannot push. So your body uses muscles in pairs. One muscle is on the front of your upper arm. One is on the back.

You bend your elbow. The front muscle gets short. It pulls your arm up. The back muscle relaxes. It gets long. You make your arm straight. Now the back muscle pulls. The front muscle relaxes.

They take turns all day. Your legs and hands use pairs too.

Questions

1. What can a muscle do?

_____

_____

2. Where are the two muscles that move your elbow?

_____

_____

3. What does the front muscle do when you bend your elbow?

_____

_____

4. What does the back muscle do when you bend your elbow?

_____

_____

5. Why does your body use two muscles for one elbow?

_____

_____

Words to know

muscle: a part of your body that pulls to make you move
elbow: the bend in the middle of your arm
relaxes: stops pulling and becomes loose
pairs: groups of two that go together

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Muscles Take Turns

Triangle group

Hold out your arm and bend your elbow. Your hand moves up toward your shoulder. Now straighten your arm. What made that happen?

Muscles did the work. A muscle can only pull. It cannot push. So your body uses muscles in pairs. One muscle is on the front of your upper arm. Another is on the back.

When you bend your elbow, the front muscle gets shorter and pulls your arm up. The back muscle relaxes and stretches out. When you straighten your arm, the two swap jobs. The back muscle pulls, and the front muscle relaxes.

They take turns all day long. Your legs, hands, and neck use muscle pairs too.

Questions

1. What can a muscle do?

_____

_____

2. Where are the two muscles that move your elbow?

_____

_____

3. What does the front muscle do when you bend your elbow?

_____

_____

4. What does the back muscle do when you bend your elbow?

_____

_____

5. Why does your body need two muscles for one elbow?

_____

_____

Words to know

muscle: a part of your body that pulls to make you move
elbow: the bend in the middle of your arm
relaxes: stops pulling and becomes loose
stretches: gets longer
pairs: groups of two that go together

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Muscles Take Turns

Square group

Hold your arm out in front of you and bend your elbow so that your hand moves up toward your shoulder. Then straighten your arm again. Have you ever wondered what makes that movement possible?

Your muscles do all of the work. A muscle is able to pull, but it can never push. For that reason, your body arranges its muscles in pairs. One muscle lies along the front of your upper arm, and another lies along the back.

When you bend your elbow, the front muscle becomes shorter and pulls your arm upward, while the back muscle relaxes and stretches out. When you straighten your arm, the two muscles swap jobs. The back muscle pulls, and the front muscle relaxes.

They take turns all day long, and your legs, hands, and neck rely on muscle pairs as well.

Questions

1. What can a muscle do, and what can it not do?

_____

_____

2. Where are the two muscles that move your elbow?

_____

_____

3. What does the front muscle do when you bend your elbow?

_____

_____

4. What does the back muscle do while you bend your elbow?

_____

_____

5. Why does your body need two muscles for a single elbow?

_____

_____

Words to know

muscle: a part of your body that pulls to make you move
elbow: the bend in the middle of your arm
relaxes: stops pulling and becomes loose
stretches: gets longer
pairs: groups of two that go together

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Muscles Take Turns

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Muscles Take Turns

Easier · 100 words · Flesch-Kincaid grade 0.4

1. It can only pull.
2. One is on the front and one is on the back of your upper arm.
3. It gets short and pulls your arm up.
4. It relaxes and gets long.
5. A muscle only pulls, so one pulls each way.

Triangle: Muscles Take Turns

This passage · 112 words · Flesch-Kincaid grade 2

1. It can only pull.
2. One is on the front and one is on the back of your upper arm.
3. It gets shorter and pulls your arm up.
4. It relaxes and stretches out.
5. A muscle can only pull, so one pulls each way.

Square: Muscles Take Turns

Harder · 139 words · Flesch-Kincaid grade 4.9

1. It can pull, but it cannot push.
2. One lies along the front and one along the back of your upper arm.
3. It becomes shorter and pulls your arm upward.
4. It relaxes and stretches out.
5. Because a muscle can only pull, one muscle is needed to pull each way.