

and dark parts of the muscle fibers make them look striped or striated. The skeletal muscles work with your bones to give your body power and strength. In most cases, a skeletal muscle is attached to one end of a bone. It stretches all the way across a joint and then attaches to another bone. Skeletal muscles are held to the bones with the help of tendons. The combination of your muscles and your skeleton makes the musculoskeletal system. Skeletal muscles are voluntary muscles of different sizes and shapes. This allows them to do many types of jobs. Some of your biggest and most powerful muscles are in your back near your spine. These muscles help keep you upright and standing tall. They also give your body the power it needs to lift and push things. Muscles in your neck and the top part of your back aren't as large, but they are capable of some amazing movements. Rotate your head around, back and forth, and up and down to feel the power of the muscles in your neck. These muscles also hold your head high.

Your face has muscles that allow you to make expressions, raise your eyebrows, or wiggle your nose. Your tongue is a group of muscles that is attached only at one end. These muscles allow you to talk and help you chew food. Your face uses more muscles to frown than it does to smile, so choose to smile often!

**Part C: Answer the questions on a sheet of paper. Use complete sentences.**

1. What is the primary purpose of the muscular system?
2. Which muscle helps the lungs breathe?
3. Do voluntary or involuntary muscles work without conscious control?
4. What happens when the nerves in muscles are not able to communicate with the brain?
5. Name the three types of muscles.
6. What is a synonym for striated?
7. Which group of muscles is attached at only one end?
8. Does your body use more muscles to smile or frown?

**Part D: Underline the direct object in each sentence.**

1. Peg flexed her muscles.
2. Charlie rode a bike.
3. The muscles in your neck rotate your head.
4. Paul sprained his ankle.
5. Trudy wiggled her phalanges.

**Part E: Read the words. Then write them in alphabetical order.**

|        |        |         |         |         |           |
|--------|--------|---------|---------|---------|-----------|
| shield | deceit | freight | receive | beige   | relieve   |
| reign  | brief  | achieve | sleigh  | deceive | deceitful |

- |          |          |           |
|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____  |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | 11. _____ |
| 4. _____ | 8. _____ | 12. _____ |