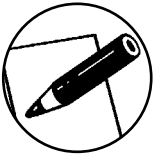


# Muscles



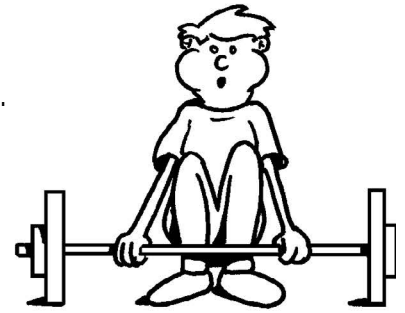
## What to do

Fred wants to be able to pick up heavy weights.

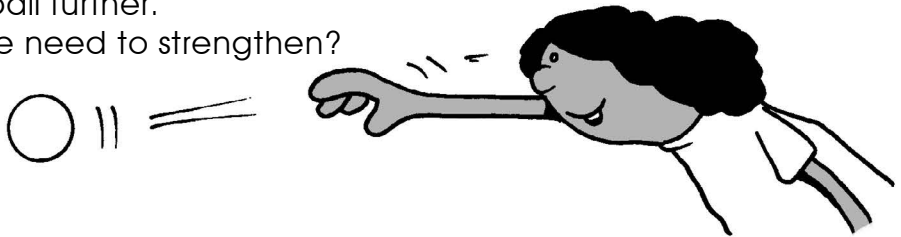
What does he need to build up?

Cross out the incorrect words.

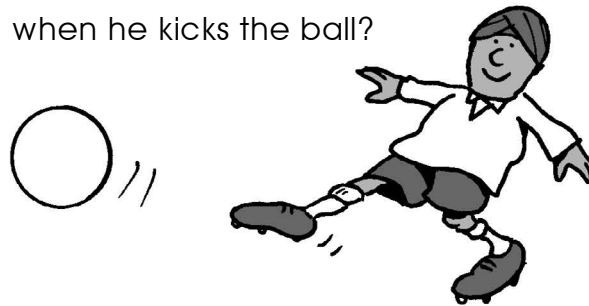
**brain/muscles/bones**



Jo wants to throw the ball further.  
Which muscles does she need to strengthen?



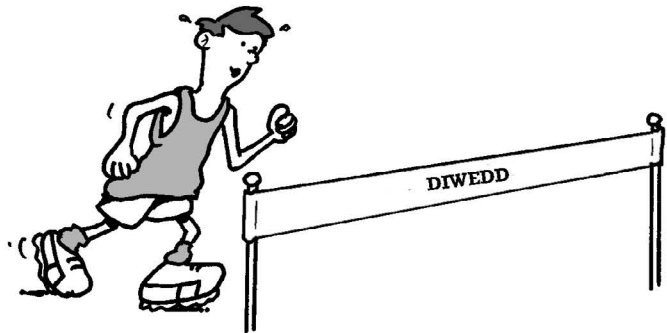
Which muscles does Ranjit use when he kicks the ball?



After exercising a lot, what aches?

Cross out the incorrect words.

**bones/blood/muscles**



## Think and do

List the muscles you use most during the day.

.....

What happens to muscles if you don't use them?

.....