

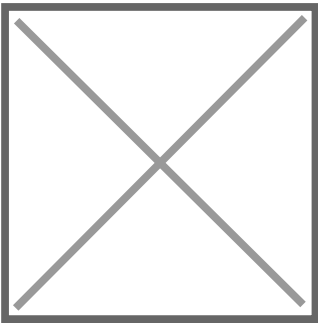
# Muscles and Tendons

## Introduction

Watch a four-minute video, "[How Do Our Bodies Move?](#)" You can also watch two six-minute videos, "[How Your Muscles Work](#)" and "[The Muscular System](#)".

## Activity 1

Use playdough to add muscles to a skeleton model.



Curriculum areas: S12c

## Activity 2

Make various motions slowly, feeling for the muscles moving: make a fist, flex your elbow, kick in slow-motion, etc.

Curriculum areas: S12c, S06a

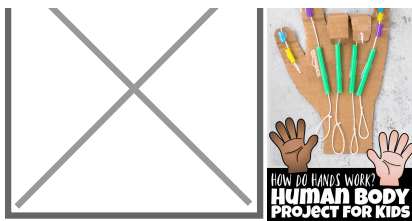
## Lunch Snack

Muscles need protein to grow. Find high-protein foods to eat, like eggs, nuts, meat, cheese, or beans.

Curriculum areas: S13c

## Activity 3

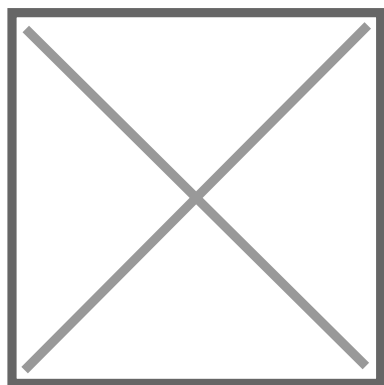
Make a hand tendons model using straws and string. Add it to the anatomy model outline.



Curriculum areas: M08d, S12c

## Activity 4

Use long balloons and cardboard tubes to [demonstrate how muscles work](#).



Curriculum areas: S12c

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