



## Muscles and Movement

You need to be able to make a large range of movements in your everyday life. Muscles help you to do this.

You have two main types of muscles in your body: **involuntary** and **voluntary**. Involuntary muscles are ones that you have no control over. Perhaps you do not even know that they are there.

Your heart has involuntary muscles to keep it beating throughout your lifetime. Your food is helped down through your digestive system by involuntary muscles.

Voluntary muscles are those that your body deliberately controls, even though you may not think about it. They are attached to your bones, either directly or by thick, strong bundles of fibres called tendons. You can feel one of them, called the Achilles' tendon, in the back of the ankle. However, voluntary muscles do not just move your limbs. Your tongue, eyes and jaw, for instance, cannot move without these muscles.

1. What are muscles used for?
2. What are muscles used for?
3. How many types of muscles are there in your body?
4. What are these muscles called?
5. Name two parts of the human body that your involuntary muscles control?
6. What are voluntary muscles?
7. How are voluntary muscles attached to your bones?
8. Name 5 parts of your body that rely on voluntary muscles.
9. Why do you think we need involuntary muscles? (What could happen if all our muscles were voluntary).
10. Why do we need voluntary muscles? (What could happen if all our muscles were involuntary)
11. List ten things that you do in a day that requires you to use your muscles.