



# **HANDS-ON EXPERIMENTS**

**FOR PRIMARY  
MUSCLES**

# anturus

BIOLOGY Muscles



Did you know that you have over 640 muscles in your body?

They help you run, jump and play, but some muscles do things like pump blood throughout your body and help you digest your food.



You are able to control some of your muscles, while others like your heart do their jobs all by themselves.

There are about 200 muscles that work together when you walk, so they play a very important role!



## Experiment

*What you'll need – some muscles, a stop watch, pen and paper*

1

Hold your arms straight out in front of you.  
Count how many times you can open and close your fist in 30 seconds.  
Then rest for fifteen seconds and do it again.

*Were you able to do as many the second time?  
If not then why do you think that is?*

*Record how many times you were able to do it each time.*

2

Hold your arms out to the side and without dropping them lower than your shoulder.  
Time how long you are able to keep them there, while continually making small circles.

*How do your muscles feel?  
Why do you think your muscles need to rest?*

*How do your muscles feel?*

Why do you think your muscles need to rest?

# VIDEOS FOR THIS RESOURCE AT:

INTRODUCTION:



Clickable Link:

[https://youtu.be/hRjKIKXJ\\_CA](https://youtu.be/hRjKIKXJ_CA)

CONCLUSION:



Clickable Link:

[https://youtu.be/JRFFFBjn\\_M4](https://youtu.be/JRFFFBjn_M4)

