

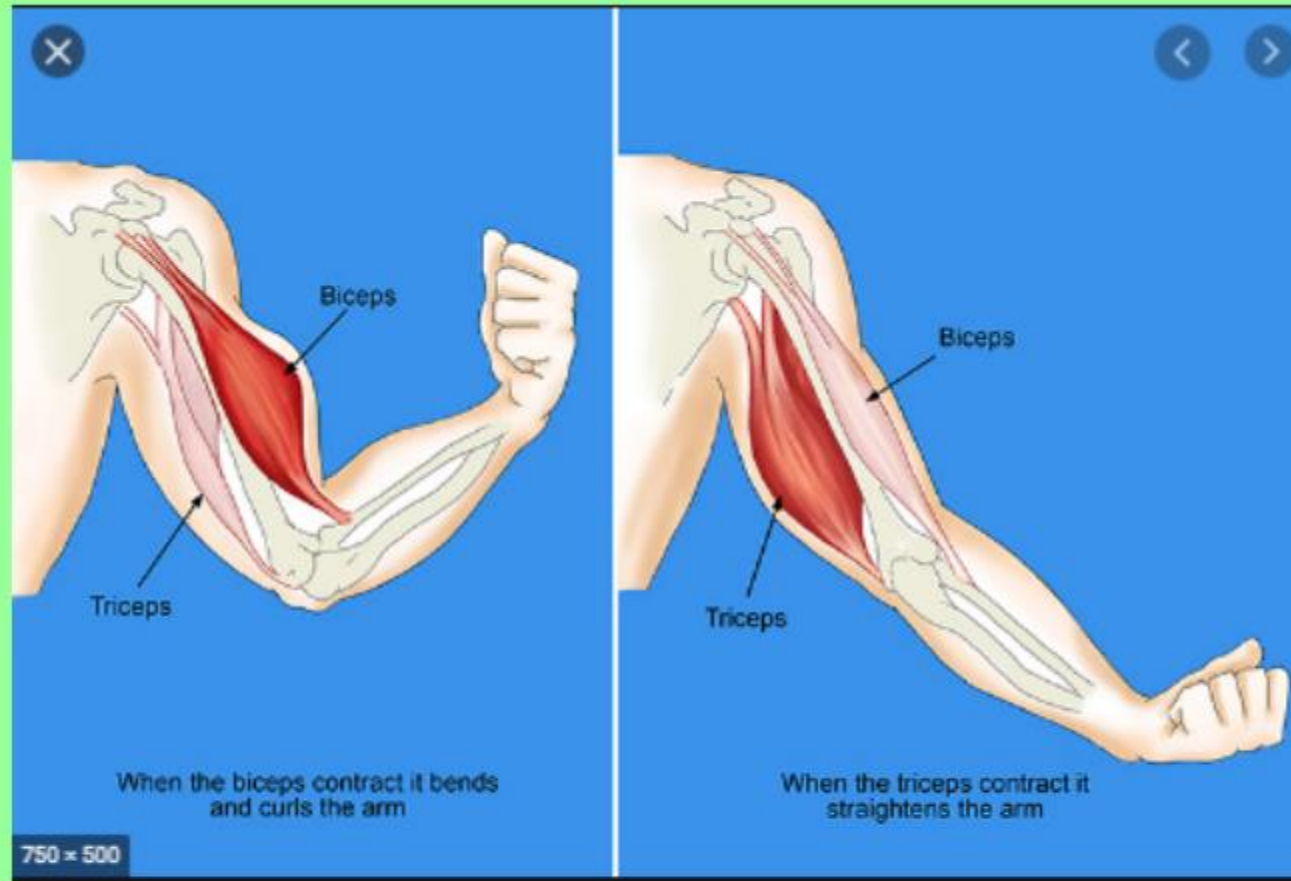
# Bones and muscles keep us moving!!



**Muscles attach to the end of bones to help us move. They can shorten and lengthen when they contract and relax.**

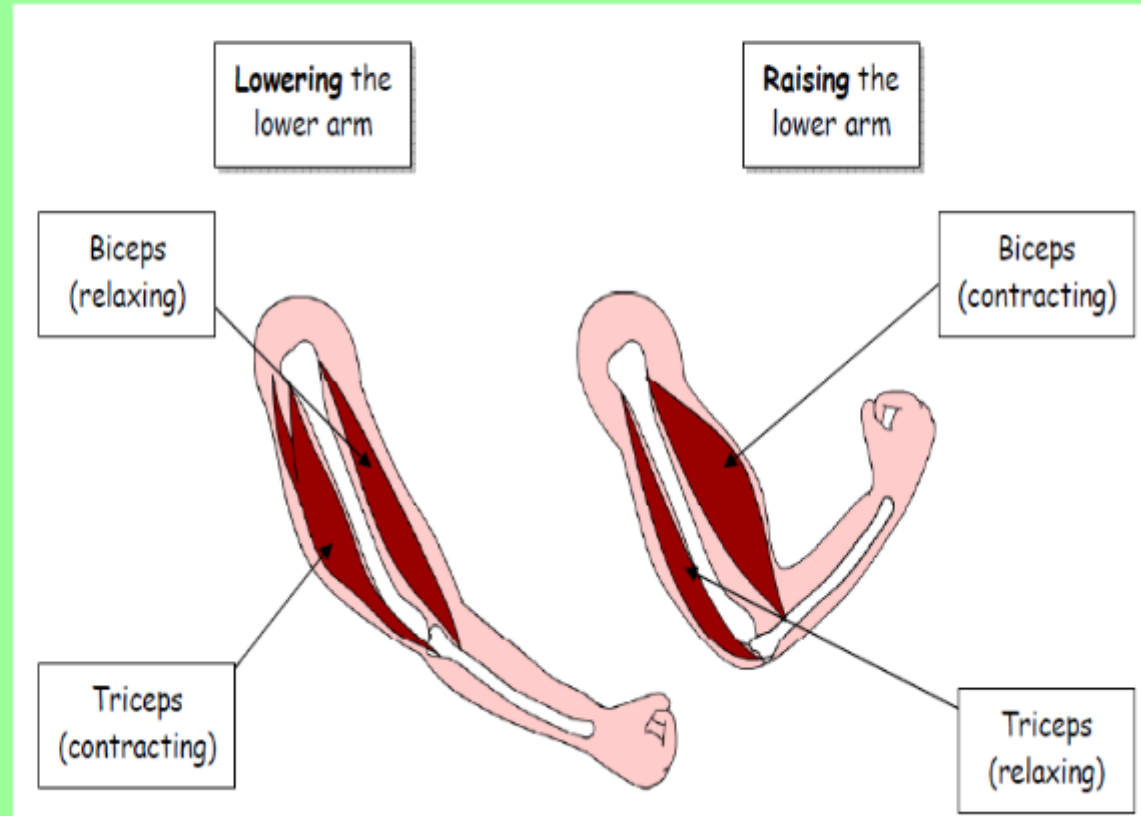


**Bend your arm.  
What's happening?  
How does it feel?**



**I try to think about them being the opposite to what I think so Tricep ISN'T at the top and bicep ISN'T at the bottom.**

**Muscles work by contracting and relaxing. They work in pairs so while one muscle is contracting the other is relaxing.**





## The Heart



Believe it or not, the heart is also a muscle in your body! It is a muscular organ and its main function is to pump blood around the body to muscles and organs which need blood.