
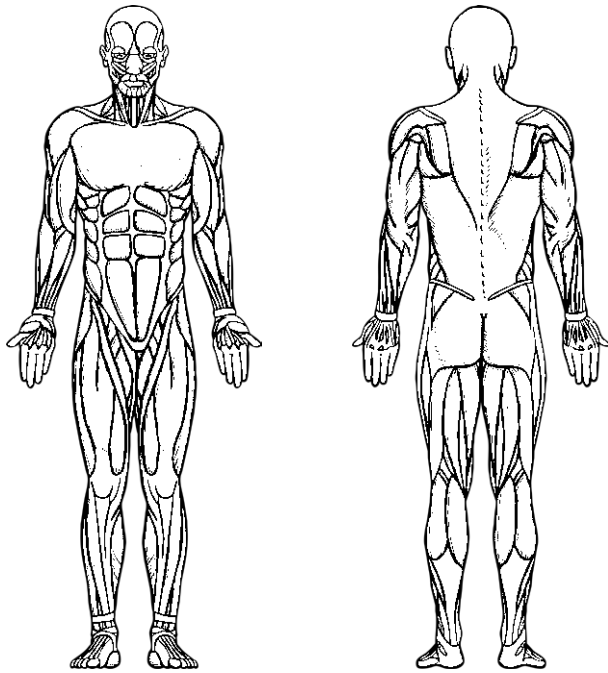
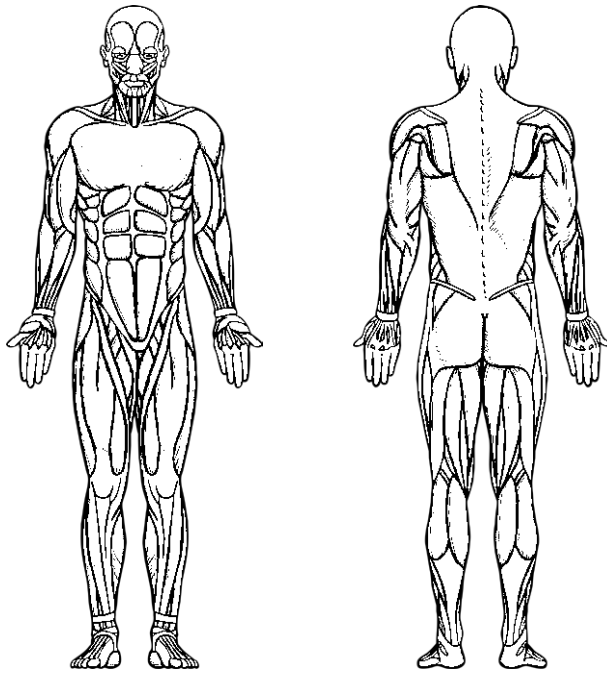
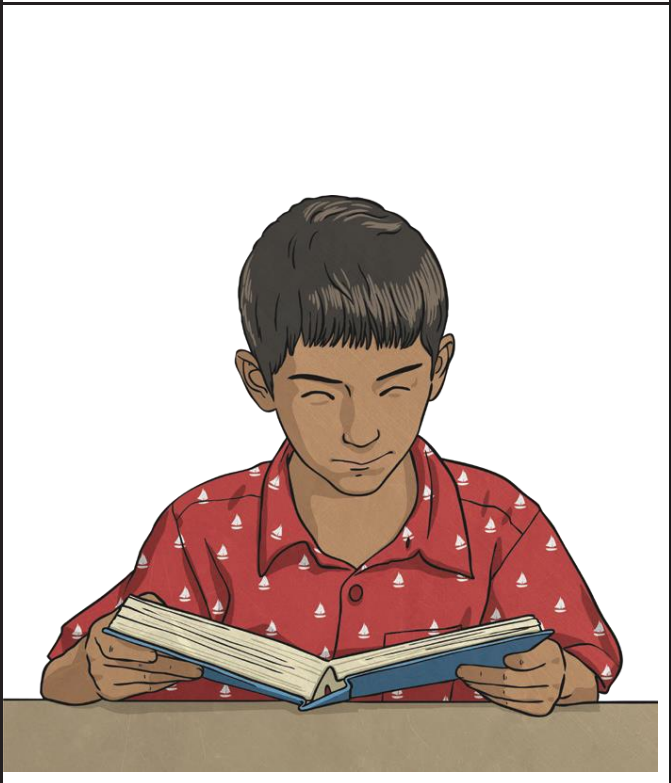
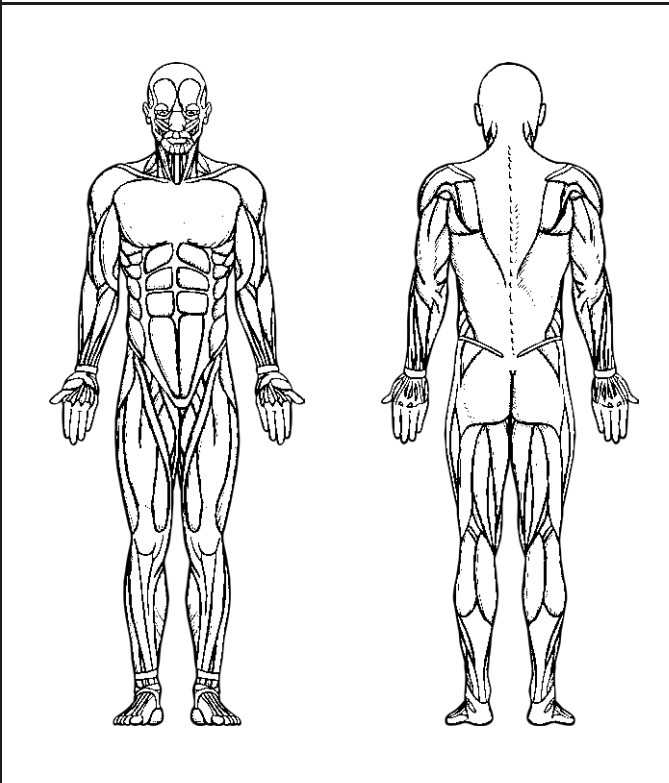
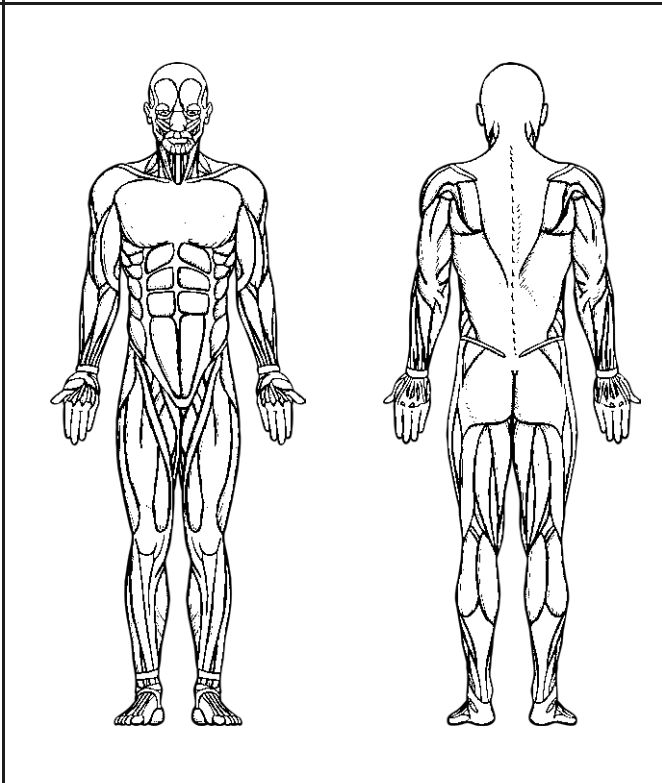


L.O: To understand how muscles help us move.

<p>Activity – running</p>	<p>Prediction (before the activity): Circle or highlight the muscles you think will be used.</p>	<p>Results (after the activity): Circle or highlight the muscles you used. (you should be able to feel it!)</p>
		

<p>Activity</p>	<p>Prediction (before the activity): Circle or highlight the muscles you think will be used.</p>	<p>Results (after the activity): Circle or highlight the muscles you used.</p>
		

Why do muscles work in pairs. Try to use the words **pull**, **contract** and **relax**
