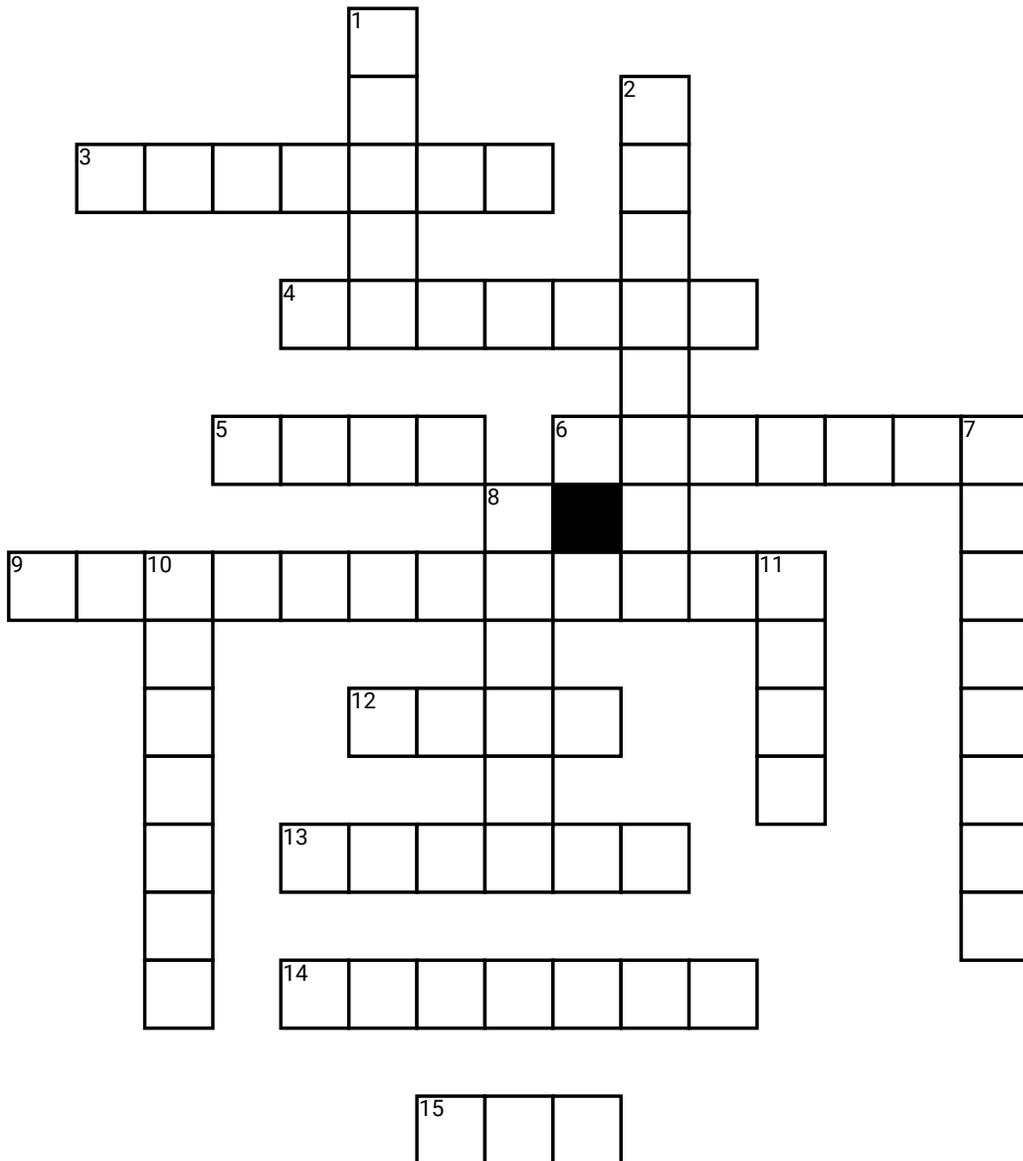


Muscles and Movement



Across

- 3. Muscles are very good at
- 4. When a muscle contracts it gets
- 5. What do the shin muscles help you to move
- 6. Muscles are attached to bones by
- 9. Muscles work in pairs that are called

- 12. Muscle cannot
- 13. When this muscle contracts the elbow bends
- 14. The heart is made of this muscle tissue
- 15. Your food is pushed along by muscles in your

Down

- 1. To move your lower leg you need to use these muscles

- 2. Muscles are important in
- 7. You couldn't put your hand up in class without this muscle group
- 8. In organisation muscles are classified as a
- 10. To straighten your elbow you need to contract your
- 11. This muscle helps you point your toes