

To help you complete this worksheet, use the My Body book.



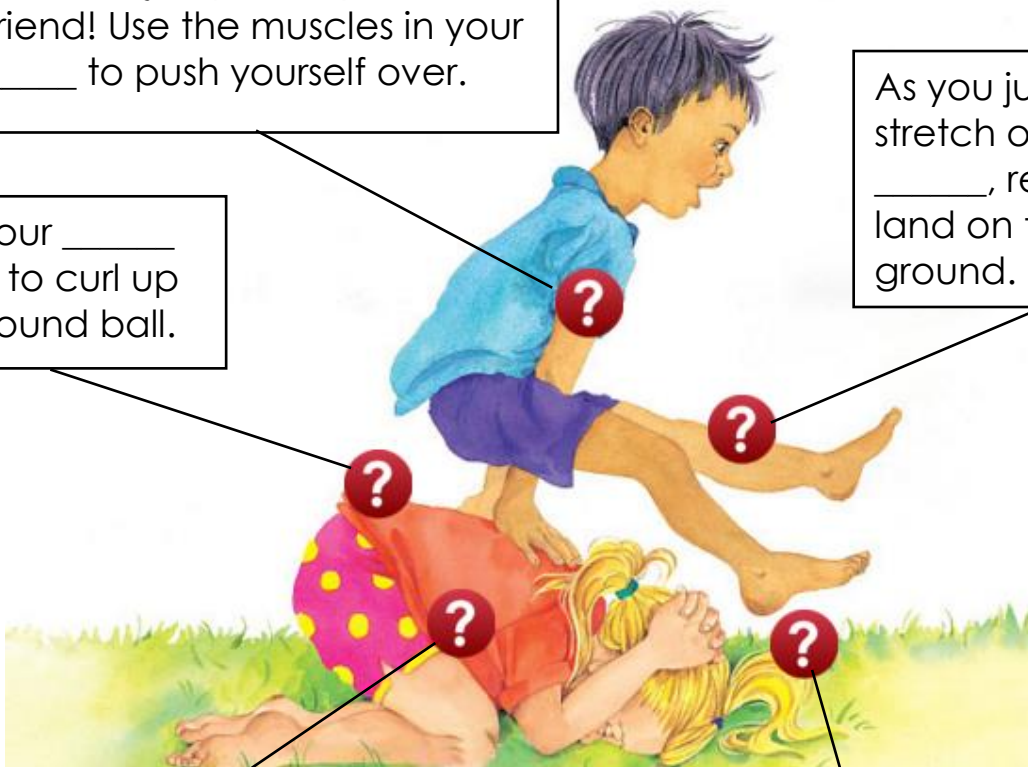
Muscles

Strong muscles under your skin help you _____ and stretch your body. You use muscles every time you shake your head, wiggle a toe, or _____ up and down. The big picture shows children playing leapfrog. This game uses lots of muscles!

Run and jump over your friend! Use the muscles in your _____ to push yourself over.

Bend your _____ and try to curl up into a round ball.

As you jump, stretch out your _____, ready to land on the ground.



Pull your _____ up toward your head.

To keep your _____ safe, tuck it under your hands.

