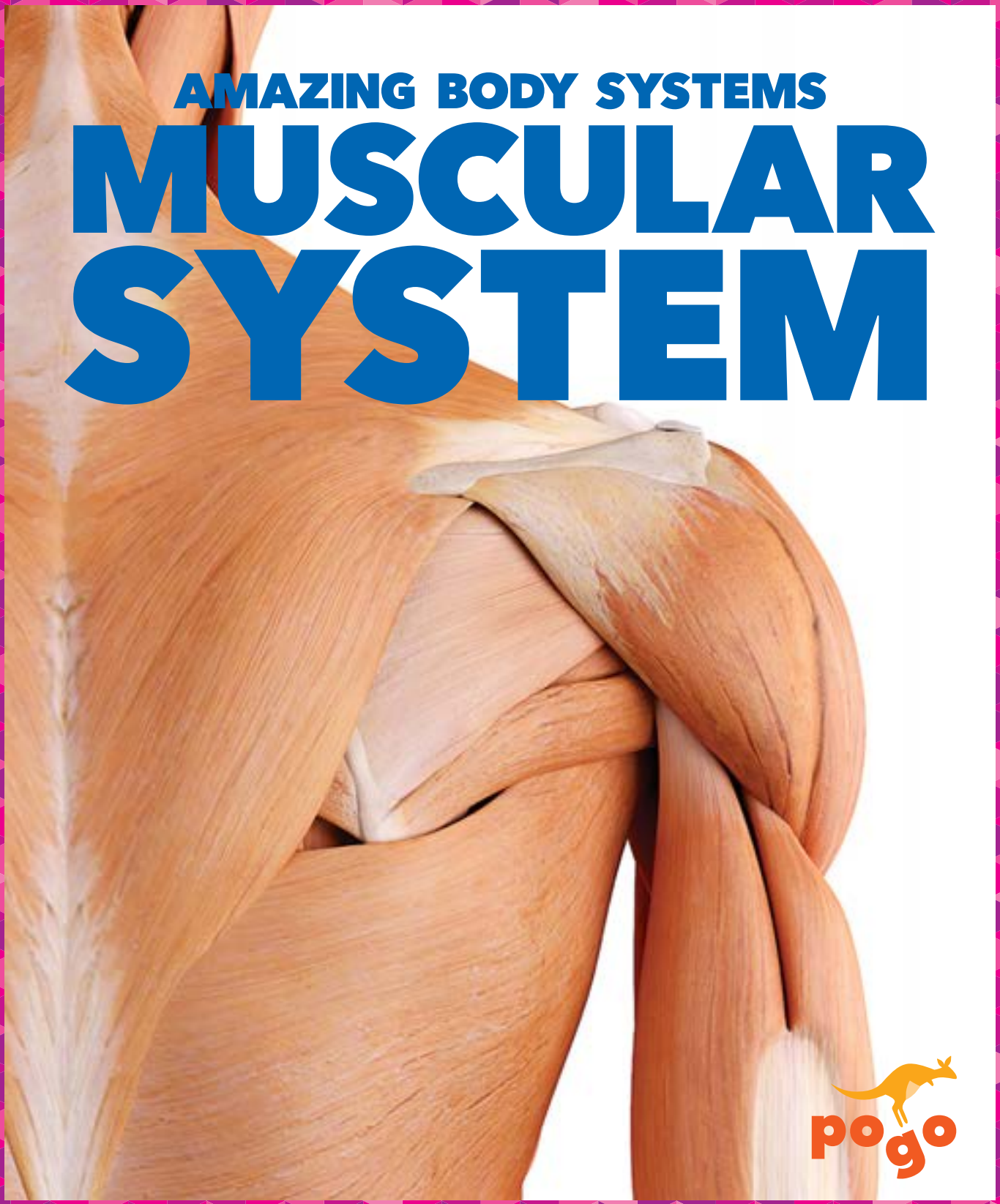
AMAZING BODY SYSTEMS

MUSCULAR SYSTEM



pogo

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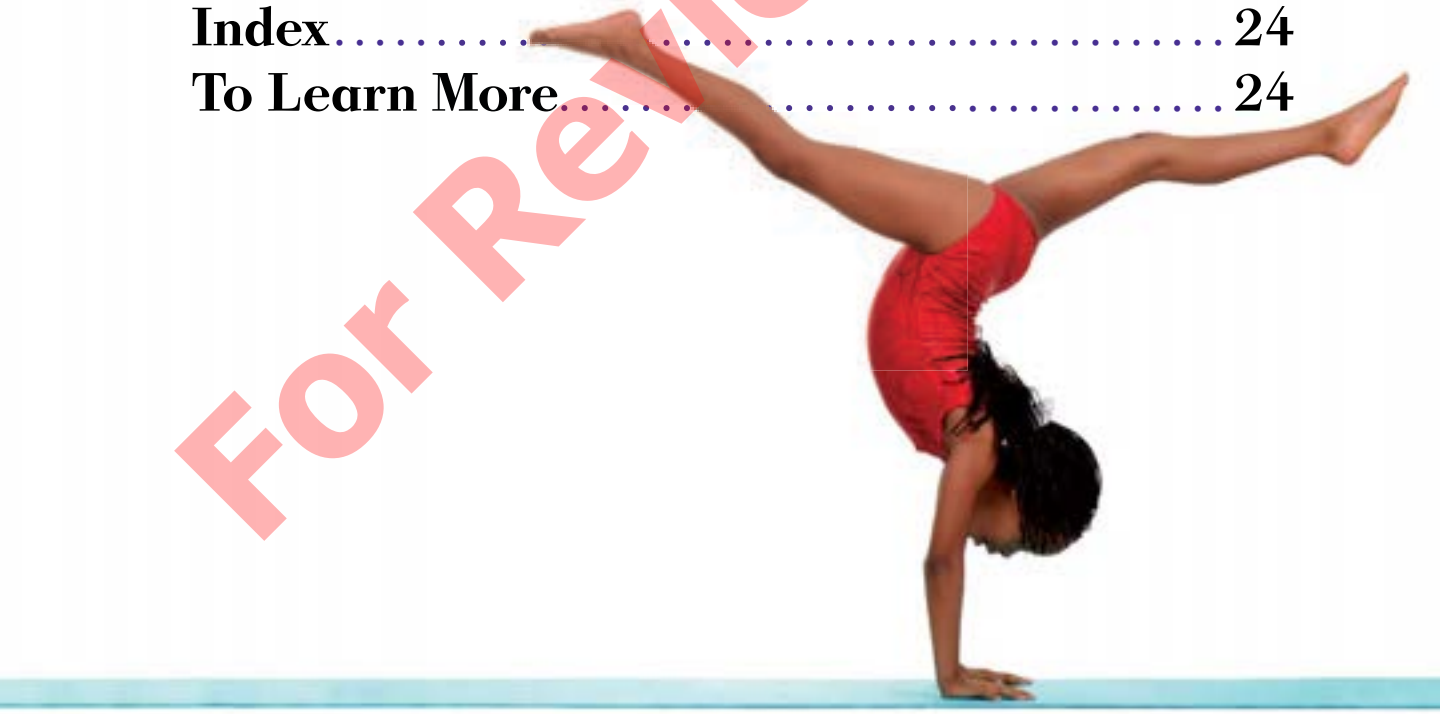
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CHAPTER 1

MANY MUSCLES

You sit on a swing. You push off and straighten your legs. Then you bend them at your knees. You pump them up and down. Soon you're going higher and higher. Whee!



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You need **muscles** to move your legs and swing. You need them to run and to ride a scooter. Your body moves and your heart beats because of your **muscular system**.

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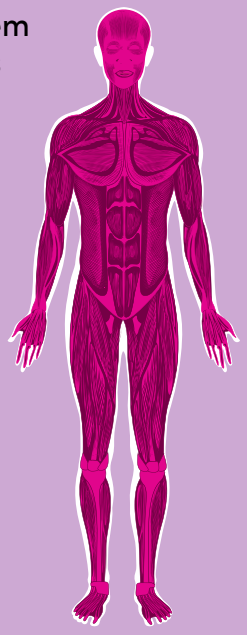
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Some muscles connect to bones. You use them to do a cartwheel. You use them to smile. Other muscles help **organs** do their jobs. They move blood through your body. They help **digest** food. In total, you have around 600 muscles in your whole body.

TAKE A LOOK!

The muscular system is made of muscles and **tendons**.



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Muscles are made of special **fibers**. They are threads of long, skinny cells.

Muscles work by stretching. Each muscle has groups of fibers. The fibers bunch up to **contract**. They relax to stretch out.

DID YOU KNOW?

Our bodies need to be warm to work right. Using your muscles helps keep you warm. How? They make heat when you use them.



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ACTIVITIES & TOOLS

TRY THIS!

HOW FOOD MOVES

See how smooth muscles move food down the esophagus. This tube goes from the throat to the stomach.

What You Need:

- nylon pantyhose
- scissors
- large plastic egg (Use one that fits tightly in a leg of the pantyhose.)



1. **Cut off the top and bottom of the pantyhose. One leg makes a long tube. This is like an esophagus.**
2. **Hold the tube up. Place the large plastic egg inside the top of the tube. Does the plastic egg move?**
3. **Now squeeze the pantyhose above the plastic egg. Does the plastic egg move? Where does it go? The esophagus squeezes from its top to bottom. It pushes food down the tube to the stomach.**

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GLOSSARY

arteries: Tubes that carry blood away from the heart.

biceps: The large muscle at the front of your arm between the shoulder and elbow.

blood vessels: Tubes that carry blood around the body.

cardiac muscle: The muscle that causes your heart to beat.

contract: To become smaller.

digest: To turn food into nutrients the body can use.

digestive system: A body system that turns food into nutrients the body can use.

fibers: Long, thin threads.

joints: Places where two or more bones meet.

muscles: Tissue that connects to bones to make you move.

muscular system: A body system that moves parts of the body.

nerves: Threads of nerve cells that carry messages between the brain and the body.

skeletal muscles: Muscles attached to bones that can be controlled on demand and cause your body to move.

smooth muscles: Muscles that work involuntarily to control organs involved with breathing and digestion.

organs: Parts of the body that do certain jobs.

tendons: Stretchy, strong tissue that connects bones to muscles.

triceps: The large muscle at the back of your arm between the shoulder and elbow.

veins: Tubes that carry blood to the heart.



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