



Name: Form:

Based on pages 14 and 15 of *Moving and growing*

Looking at arm muscles

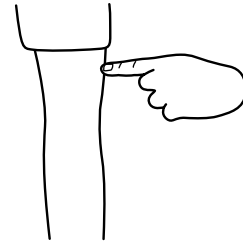
Try this...

1. Hold your right arm by your side.
2. Push the index finger of your left hand into the muscle on the front of your upper arm as Diagram 1 shows.
3. Raise your right forearm until your right thumb touches your shoulder.
4. Write down how the muscle in your upper arm changed as the forearm was raised.



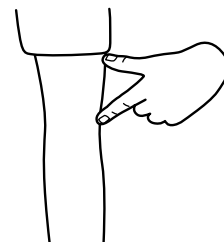
.....


Diagram 1



5. Hold your right arm by your side again.
6. Stick out your thumb and index finger of your left hand so they are about three centimetres apart.
7. Press the thumb and index finger into the muscle on the front of your upper arm as Diagram 2 shows.

Diagram 2



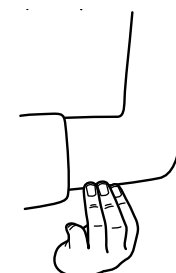
8. Raise your right forearm until your right thumb touches your shoulder.
9. Did the thumb and index finger:
(a) come closer together; (b) stay the same; (c) move further apart? 
10. Explain your answer to question 9.



.....

11. Hold up your right arm and feel the muscle as Diagram 3 shows.

Diagram 3



12. Straighten your right arm, then bend it again.
How does the muscle change?



.....



.....