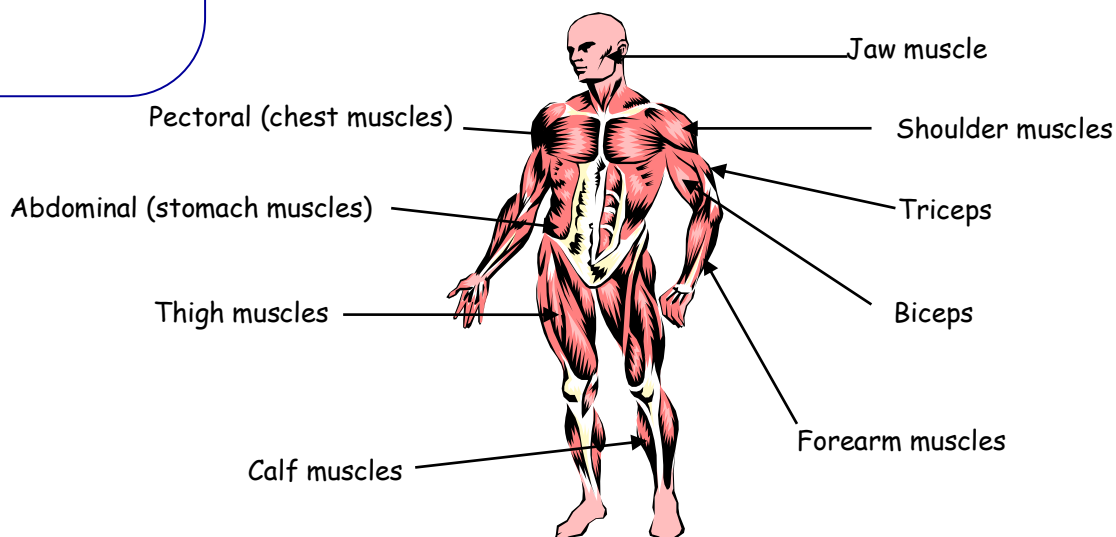


# Identifying and using muscles and joints

Some of the body's main muscles



Complete the table by identifying the **main** muscles and the joints used when carrying out the following everyday household activities and jobs:

EXERCISE/ACTIVITY	MUSCLES USED	Joints used (ball and socket, hinge or gliding)
walking up stairs	*	
drinking	*	
washing the dishes	*	
vacuum cleaning	*	
brushing your teeth	*	
flushing the toilet	*	
getting out of bed	*	
opening a door	*	

Answer the following questions by typing each answer in the text box.

1) What happens to a muscle when it contracts?

\*

2) What are all of our muscles attached to?

\*

3) Explain two ways by which we can keep our muscles strong and healthy.

\*