<u>Can I understand that muscles help us move?</u>     5<sup>th</sup> February 2021

**Task:** Choose 6 different activities e.g. smiling, jumping, running. Predict which muscles you will need to complete the activity and then complete it to see if your predictions were correct.

| Activity | Prediction (before the activity): Circle or highlight the muscles you think will be used. | Results (after the activity): Circle or highlight the muscles you used. |
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