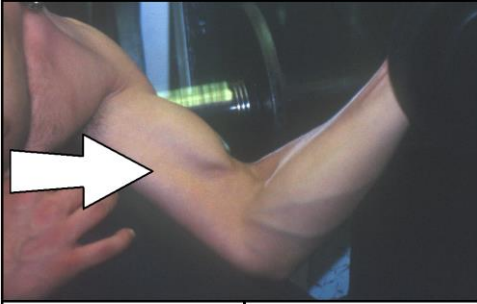
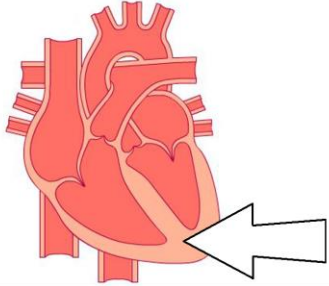
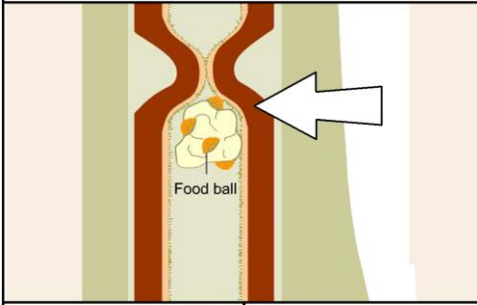


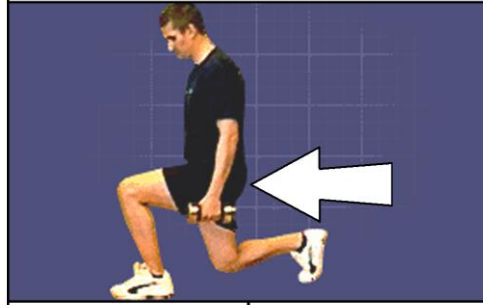
## Activity 1: Muscles and their function


Below are five muscles and a description of their function. Circle the right answer.

<b>Triceps</b>	
Extends the arm at the elbow	
	
<b>Voluntary</b>	<b>Involuntary</b>

<b>Cardiac</b>	
Pumps blood around the body	
	
<b>Voluntary</b>	<b>Involuntary</b>

<b>Muscle in lining of oesophagus</b>	
Squeezes food into stomach	
	
<b>Voluntary</b>	<b>Involuntary</b>

<b>Gluteus maximus</b>	
Moves hips and thighs	
	
<b>Voluntary</b>	<b>Involuntary</b>

<b>Hamstring</b>	
Flex the leg at the knee	
	
<b>Voluntary</b>	<b>Involuntary</b>