SC: I know that muscles help your body to move

I know that muscles contract and relax

I know that muscles are attached to the bone

I know that muscles work in pairs

I know that some muscles work involuntarily (e.g. the heart) and that some you have to make move

How skeletons move



*Complete the following statements:*

Muscles are attached to **bones** in **pairs**.

When a muscle **contracts** it gets **shorter** and **fatter**, so pulls on the bone it is attached to.

When a muscle **relaxes**, it goes **longer** and **thinner**.

Lots of muscles in your body you can make move when you want to but some muscles are involuntary (they happen automatically), for example the **heart**.

*Keywords:*

longer shorter thinner fatter bones

heart contracts pairs relaxes