

Activity 4.2 – Your muscles

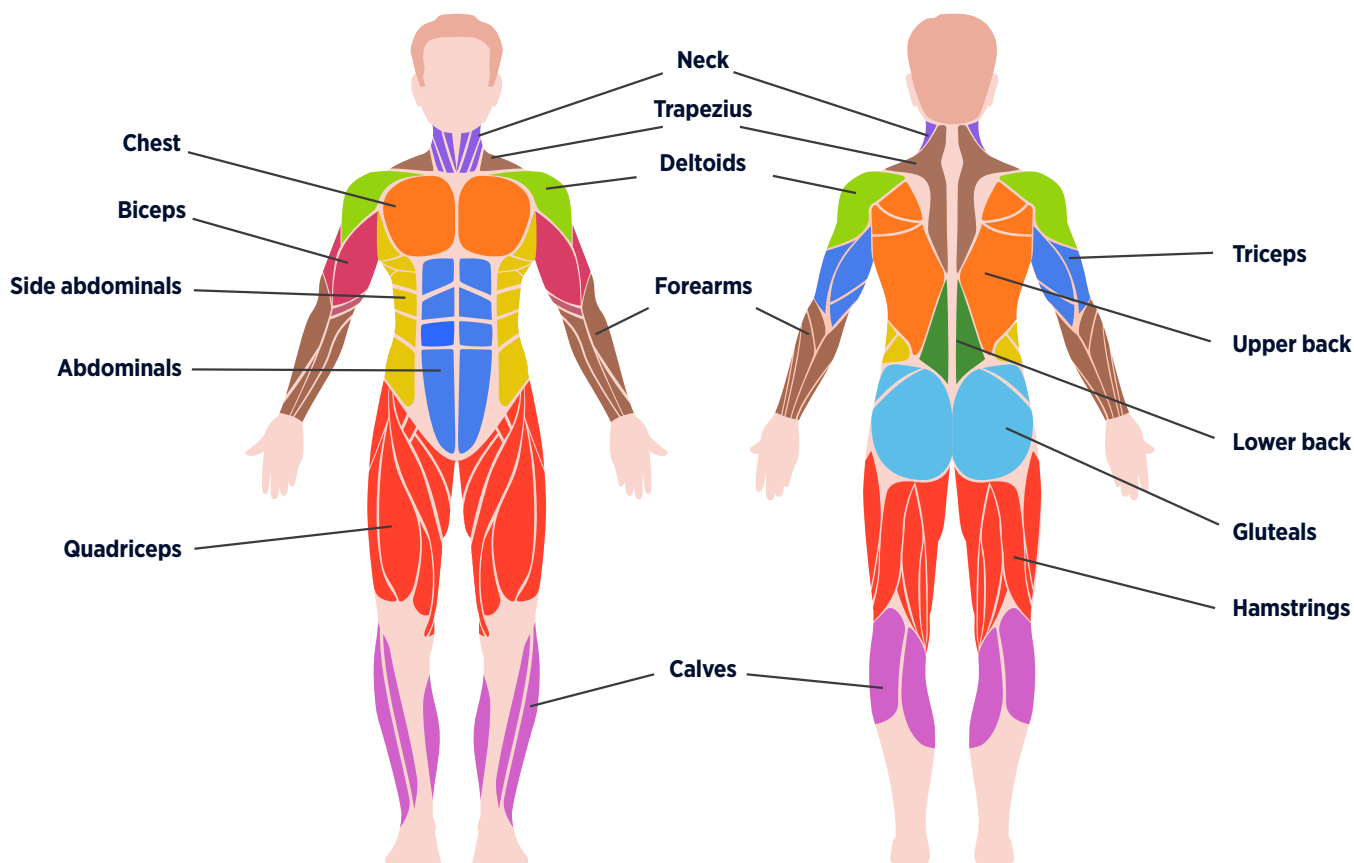
1 Read the following:

To be fit and healthy, you need to be physically active. When you use your muscles, they become stronger. Strong muscles are important because they help your body move better, they support your joints and help prevent injuries. Walking and cycling are healthy, low-impact (easy on your joints) exercises that can be enjoyed at any age. The main muscle groups that get a good workout when you walk, or cycle are the muscles in your legs and bottom. Your upper body also has to work without you even realising it. The abdominal muscles (that cover your stomach) act as ‘stabilisers’ for the body and work constantly while walking and cycling to keep your body balanced. The muscles in your arms are also working as you swing your arms or lean on your handlebars.

Did you know?

Sitting for too long each day increases your risk of health problems such as heart disease and diabetes. So, get moving! Get off the sofa and get out of the car. Walk or cycle to school if you can.

These are the main muscle groups of the human body:



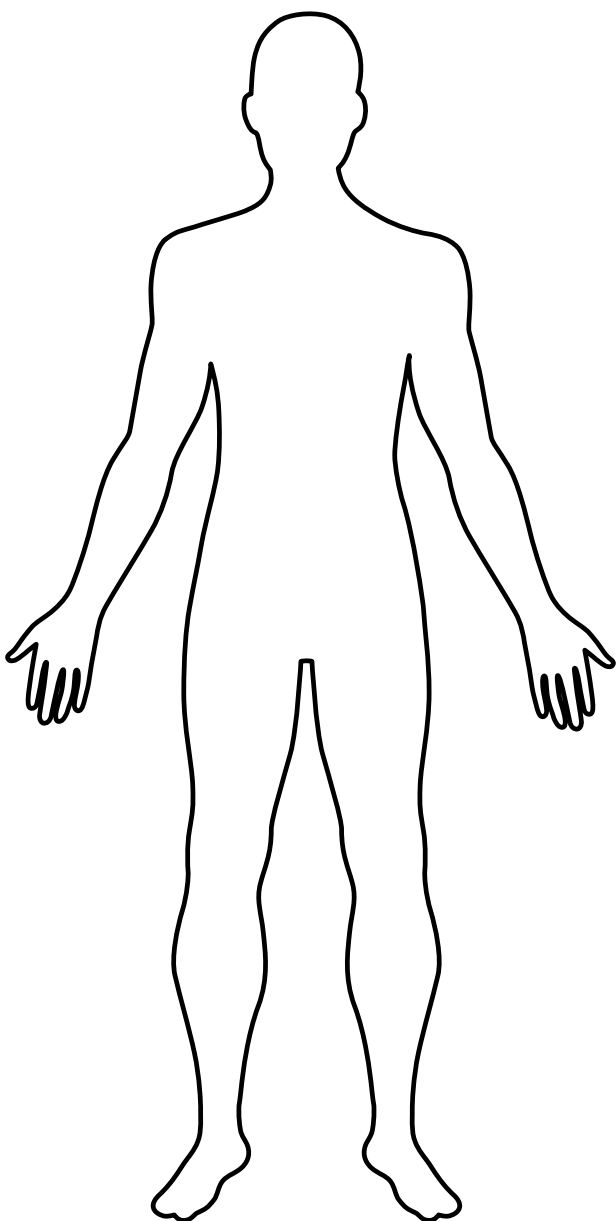
2 On the diagram below, draw and colour in the four muscle groups that are used when walking and cycling.

Choose a different colour for each muscle group, and then colour in the key so that it matches.

Key:

| | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|
| Gluteals | Hamstrings | Quadriceps | Calf muscles |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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