

HOW THE BODY WORKS

Muscular System Word Find

Directions: Print out the word find. See how many words you can find from the list below.

F	C	P	W	U	B	M	J	D	D	S	S	P	M	M
W	L	A	K	Y	I	U	E	N	G	K	N	L	U	L
V	U	E	I	Y	B	L	Z	K	X	E	O	X	I	P
O	Y	S	X	D	T	Q	E	X	S	L	D	L	D	O
E	Z	H	F	O	R	Y	U	I	T	E	N	K	R	D
Q	D	C	I	L	X	A	L	O	F	T	E	C	A	Y
M	U	D	M	S	L	A	C	K	V	A	T	N	C	O
L	S	A	L	L	R	F	H	V	A	L	O	E	O	Q
K	A	B	D	O	M	I	N	A	L	S	C	V	Y	Z
W	R	M	T	R	S	E	L	C	S	U	M	L	M	H
M	Y	C	M	H	I	Q	P	H	L	P	R	R	T	Y
K	E	T	E	L	Y	C	A	U	J	G	H	O	X	U
P	B	Z	O	B	I	C	E	P	S	X	O	T	Y	V
U	G	C	O	E	O	K	K	P	N	M	C	G	W	P
T	U	W	Z	V	Y	J	Z	M	S	E	K	V	D	X

ABDOMINALS

BICEPS

CARDIAC

DELTOIDS

FLEX

MUSCLES

MYOCARDIUM

PECTORALIS

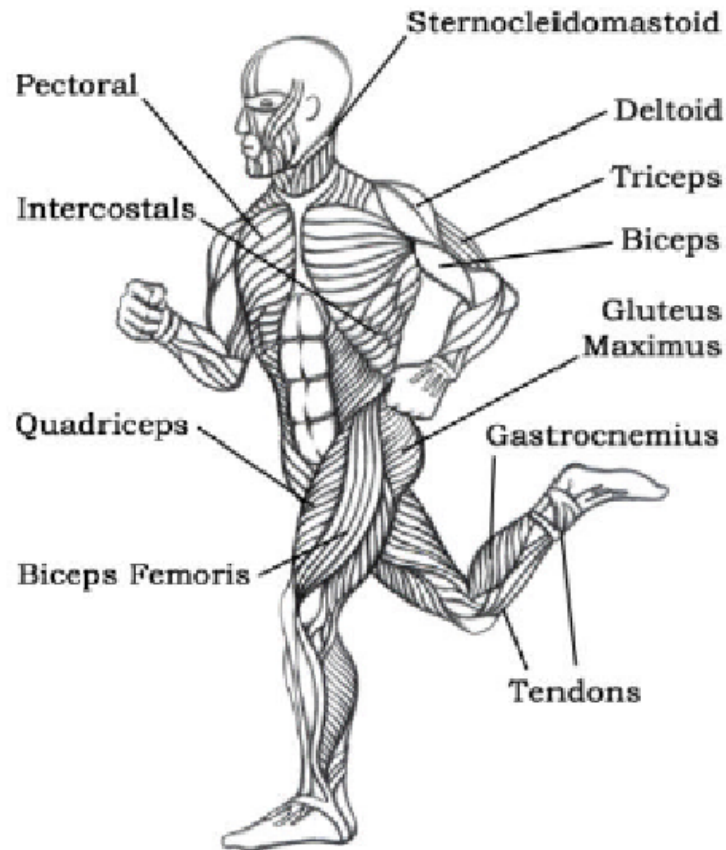
QUADRICEPS

SKELETAL

SMOOTH

TENDONS

Some Important Skeletal Muscles



Muscles help control the movement of your body. Tendons are the connective tissue.

Color each muscle the appropriate color.

Red- Pectoral muscle lowers the arm.

Orange- Intercostals turn the upper half of the body and are between the ribs.

Yellow- Quadriceps straighten the knees.

Green- Biceps Femoris extend the thigh or bend the knee.

Blue- Sternocleidomastoid rotates the head.

Purple- Deltoid muscle in the shoulder raises the upper arm.

Brown- Triceps and biceps raise and lower arms.

Black- Gluteus Maximus straightens the hip joint and holds the body upright.

Pink- Gastrocnemius helps to stand on toes.