Name:

Period:

We have 28 muscles in our legs. Think about kicking a soccer ball and then moving your leg back to a standing position: there are a lot of muscles involved in that relatively simple motion.

Look at the lower skeleton pictures below and think about the muscle groups that correspond to letters A-F



1. Describe where you think each muscle attaches to the bones and what happens to the leg when that muscle contracts:

2. Describe the order in which the muscles would have to contract to kick a soccer ball and return the leg to a standing position.

3. Why does your body need so many skeletal muscles?

4. Write a short description about how muscles cause our arms and legs to move. Use the words *contraction* and *opposing pairs* in your description.