**GREEN**

**Muscles and Moving**

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**TASK 1**

The arm has 2 muscles attached to the elbow joint

The top muscle is called a \_\_\_\_\_\_\_\_\_

The muscle underneath is called a \_\_\_\_\_\_\_

The muscles work in \_\_\_\_\_\_

They allow the arm to \_\_\_\_ and \_\_\_\_\_

We use these muscles to help us \_\_\_\_ things.

**TASK 2** Use the template and instructions to make a model elbow joint

 **lift Bicep bend pairs Tri cep straighten**