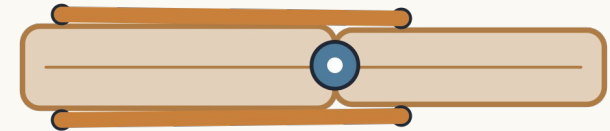
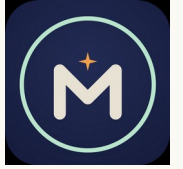


Build and test a muscle model

A model you can explain.



I can use the pair labels to explain two movements.

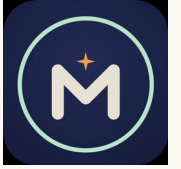


Retrieve the pair and check the join

Find Monday's biceps and triceps labels.

Check that the prepared elbow can turn.

Choose: build, direct, label or explain.

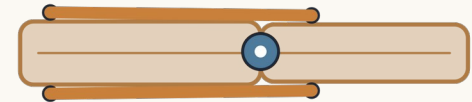


Build with an adult's preparation

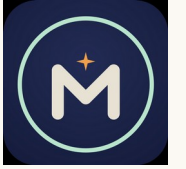
Adult prepares and secures the turning join.

Put the model flat on the table.

Attach the loose pull strings to the tabs.



Keep each free end clear and untangled.



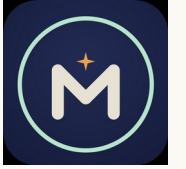
Make one careful bend

Hold the upper card steady.

Gently pull the bending string.

Place BICEPS — CONTRACTS.

Place TRICEPS — RELAXES.



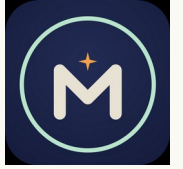
Actively straighten and swap roles

Let the bending string slacken.

Gently use the opposite pull.

Place TRICEPS — CONTRACTS.

Place BICEPS — RELAXES.



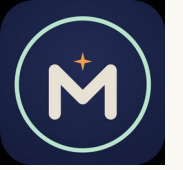
Explain both actions with labels

Direct a bend, then an active straighten.

Name the contracting muscle each time.

Say what happens to its partner.

Record the actions in your table.

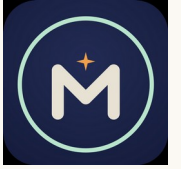


Pause and check your model

Can the join turn without forcing it?

Is there a pull for each direction?

Do the labels match the chosen action?



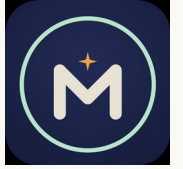
Improve, explain and tidy

Fix one label or join with the adult.

Show or direct both actions again.

Name one way this differs from a real arm.

Keep your record and put the model away.



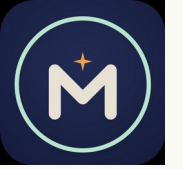
Your voice can change the lesson

What helped you join in?

What could make the next activity easier?

Point, sign, speak, write or pass privately.

Adult: agree one change and explain any limit.



What does the pair do?

Supported: show which muscle contracts in a bend.

Standard: explain the pair during active straighten.

Stretch: explain why one pull cannot push.