



PUPIL WORKSHEET

Muscles work in pairs

Autumn 1 · Week 4 · Lesson A

Name: _____ Date: _____

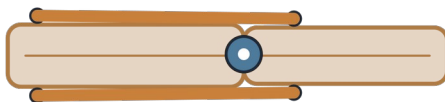
Explain how biceps and triceps take turns contracting to bend and actively straighten the elbow, using a safe model.

Use this sheet with the lesson. You may point, sign, speak, draw, write, dictate or direct an adult. Keep your first idea so you can show what changed.

1. The model and the body

Watch the adult model. Match a part to what it represents.

- Card strip represents ____.
- Turning join represents ____.
- Loose string represents ____.
- One way the model differs from a body: ____.





2. Complete the muscle-pair table

Write, draw, point or dictate as agreed with your teacher.

Place, point to or write CONTRACTS and RELAXES.

Action	Biceps	Triceps
Bend at elbow		
Actively straighten at elbow		



3. Keep or correct the statement

Write, draw, point or dictate as agreed with your teacher.

Explain the science using a movement in the model.

Statement	True / correct it
Muscles can pull.	
Muscles push bones away.	
Biceps and triceps work as a pair.	
Bones move on their own.	



4. Explain one movement

Write, draw, point or dictate as agreed with your teacher.

Choose a bend or active straighten. You can direct the adult and place labels.

- My chosen action: ____.
- The ____ contracts while the ____ relaxes.
- I checked / changed ____ because ____.

Choose a response route

Agree one route with your teacher; you do not need every route.

Supported

Point to the named muscle and CONTRACTS/RELAXES label while adult operates.

Standard

Explain both roles during bend and active straighten.

Stretch

Explain one limitation of the model and distinguish active straighten from gravity lowering.

Keep this record for Wednesday Week 4.