



PUPIL WORKSHEET

Build and test a muscle model

Autumn 1 · Week 4 · Lesson B

Name: _____ Date: _____

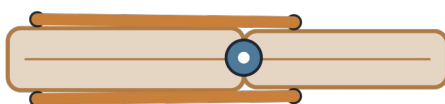
Construct or direct a safe card-arm model, demonstrate both muscle roles and evaluate a model limitation.

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. Build or direct the safe model

Adult prepares card, holes, fixed split pin and opposite-side pull tabs. Keep model on table. Never use stretched elastic.

- My role: build / direct / label / explain.
- The adult checked ____.
- The join can turn: yes / adult adjustment needed.





2. Record the two actions

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

Use each gentle pull and place the muscle labels.

Action	Biceps label	Triceps label	What I observed
Bend at elbow			
Actively straighten			



3. Check, improve and explain

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

Check a label or model join. Ask an adult to adjust the join if needed.

- What I checked: ____.
- My change: ____.
- My science reason: ____.
- This model differs from a real arm because ____.



4. Feedback and exit

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

Tell the adult an access need or pass. Choose one question and explain or point.

- Supported: which muscle contracts for a bend?
- Standard: explain both roles for active straighten.
- Stretch: why do we need pulls on opposite sides?

Choose a response route

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

Supported

Use adult-prepared model and point to or direct labels for each action.

Standard

Build or direct both moves and explain the two muscle roles.

Stretch

Compare model with living muscle and justify a precise improvement.

Next: the current Week 5 lesson.