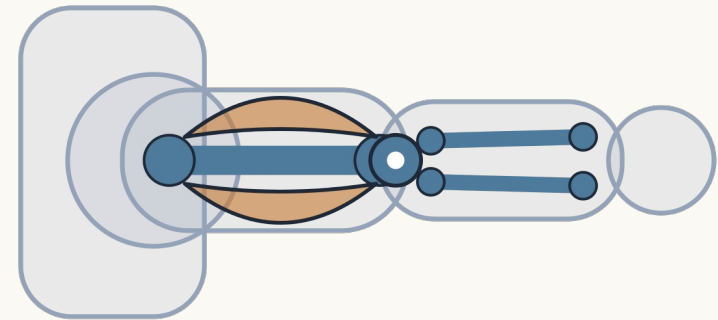
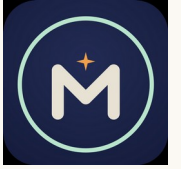


# Muscles work in pairs

Two muscles. Two pulling jobs.

I can explain a bend and an active straighten at the elbow.

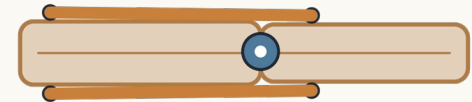




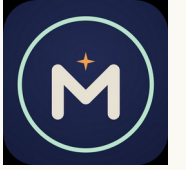
# Watch a bend and a straighten

Watch the adult's card arm model.

Which pull makes the model bend?



**Which pull makes it straighten?**

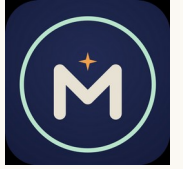


# Three things we will do

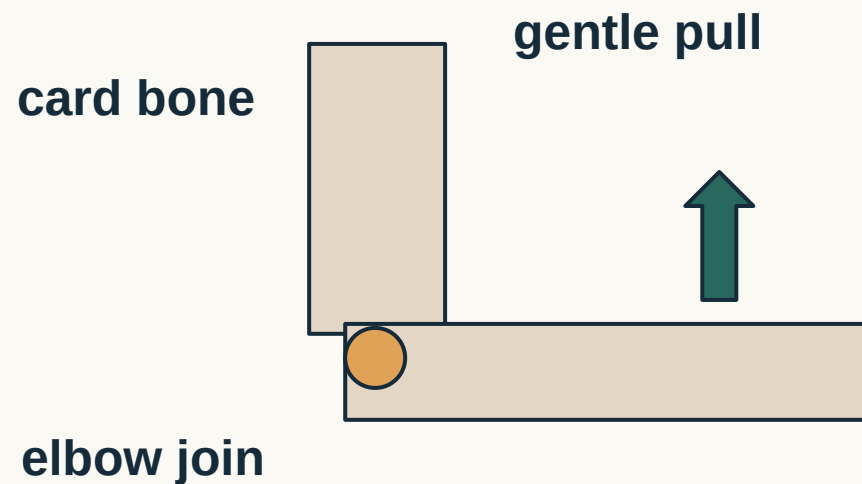
Meet the muscle pair.

Compare a bend and a straighten.

**Explain which muscle contracts.**

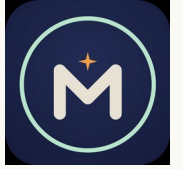


# A model helps us see a pull



**Card represents bones. The joint represents an elbow.**

Loose string represents a muscle pull; it does not contract itself.



# The body has a working pair

## BEND THE ELBOW

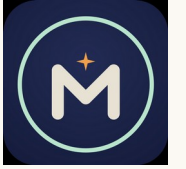
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Biceps contracts.  
Triceps relaxes.

## ACTIVELY STRAIGHTEN

---

Triceps contracts.  
Biceps relaxes.

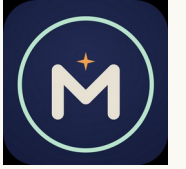


# Choose the pulling muscle

The card arm bends.

Choose: biceps or triceps contracts?

**Say, sign or point before the explanation.**

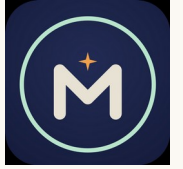


## Now swap the action

The model actively straightens.

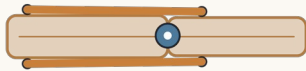
Which muscle contracts now?

**What happens to its partner?**



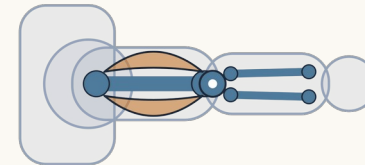
# Model and muscle: compare

## WHAT THE MODEL SHOWS

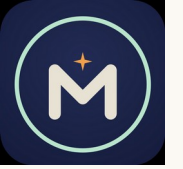


A joint allows movement.  
A pull acts on each side.  
The roles can swap.

## WHAT IT DOES NOT SHOW



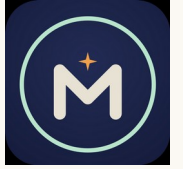
String does not shorten itself.  
Card is not living bone.  
This is a simplified elbow.



# Explain both muscle jobs

**When the elbow bends, the biceps contracts and the triceps relaxes.**

When it actively straightens, the pair swaps jobs.



# True or needs correcting?

## READ EACH CLAIM

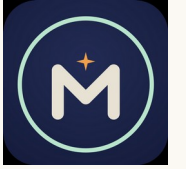
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Muscles can pull.  
Muscles can push bones.  
Biceps and triceps form a pair.

## EXPLAIN THE CORRECTION

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Which claims fit the model?  
Which word needs changing?  
Show the action that supports you.



# Direct two moves and keep labels

Direct one bend and one active straighten.

Place CONTRACTS and RELAXES labels.

Check one swap and correct it if needed.

**Keep the labels for Wednesday.**