

UNIT 5 - MUSCULAR SYSTEM

ACTIVITY – Make a Muscle Group

Materials:

card board or poster board
balloons (four different colors)
masking tape

Strategy:

Give some background information on the muscle. Discuss the role of the agonist (Prime Mover), antagonist, synergist, fixator (stabilizer). Divide the students into partners or groups of three or four. Give each group four different colored balloons and a half sheet of poster board.

Red – Agonist
Blue – Antagonist
Green – Synergist
Yellow - Fixator

Students will create the muscle group of the upper arm using the balloons and poster board. They will include the name of the bone that is moved and the joint that is affected by the muscle movement. Attach balloons to the poster board with tape used as the tendons. Students will name and label the biceps, triceps, etc., and identify the function of each of the muscles within the muscle group.