



Knowledge Check #3: Muscles (Grades 6-8)

1. Which 2 types of muscle are controlled involuntarily? Where can they be found?

2. Skeletal muscles are essential for _____ of the human body.

3. What are the 3 main parts of skeletal muscle?

4. Tendons are the white, soft tissues that connect _____ to _____.

5. Circle the tendons on the diagram below.



6. Where are the quadriceps and hamstring muscles found in the body?

7. Provide 2 examples of movements that the quadriceps and/or hamstrings are responsible for.
