



Knowledge Check #3: Muscles (Grades 3-5)

1. Which is NOT a type of muscle in the human body?

- a. Smooth Muscle
- b. Skeletal Muscle
- c. Cardiac Muscle
- d. Brain Muscle

2. 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 muscles to _____.

- a. Organs
- b. Skin
- c. Bones
- d. Nerves

5. Circle the tendons on the diagram below.



6. The quadriceps and hamstring muscles are used to bend and straighten which body part?

- a. Leg
- b. Arm
- c. Back
- d. Foot