**http://www.neok12.com/Skeletal-System.htm**

**Muscle Match Relay**

This exercise allows students to practice retention of a good deal of information. Thus, it's best to do this activity when students have a lot of muscles and muscle functions to remember. To start, cut out five copies of each muscle and five large cutouts of the body or the body part. Next, cut out five copies of each muscle's functions. These are to be cut up so that there are separate informative cards to be mixed in a pile. Make all cut-outs around the size of an index card. Separate students into five equal groups. Give each group a pile of muscles and a pile of informative cards. Pin each cutout on the board and have separate spools of tape ready for each group to use. your signal, each group must match their muscles to their appropriate muscle function. After you check their accuracy, they must then pin the muscles in the appropriate place. The fastest team wins. Note that the group who inaccurately matches the muscles must correct the inaccuracies before moving on to the next phase. (The game kind of functions like flash cards in that there is a visual element and an informational element, and students must be able to view one and name the corresponding information.)

Read more: <http://www.livestrong.com/article/366986-activities-for-teaching-muscular-system/#ixzz2QcVrET00>

* There are nearly **650 skeletal muscles** in the human body!
* Skeletal muscles are **attached to the skeleton**
* They work in **pairs:** one muscle moves the bone in one direction and the other moves it back again
* Skeletal muscles are **voluntary** muscles - in other words we think about what movements we want to make (at least, usually!) and send messages via our **nervous system** to tell the appropriate muscle(s) to contract.
* Muscle contractions can be **short, single** contractions or **longer ones**.

***Smooth muscle***

* Smooth muscle is found in our **internal organs:** in our digestive system, our blood vessels, our bladder, our respiratory organs and, in a female, the uterus.
* Smooth muscle can **stretch** and **maintain tension** over extended periods
* Smooth muscles are **involuntary** muscles - in other words we do **not** have to think about contracting them because they are **controlled automatically** by the **nervous system**. It would be pretty inconvenient if we had to think about digesting our food, for example!

***Cardiac muscle***

* As the name should tell you, cardiac muscle is found only in the heart.
* It can **stretch**, just like smooth muscle, and **contract** like skeletal muscle.
* It is a **twitch** muscle - it only does short single contractions
* Like smooth muscle, cardiac muscle is **involuntary**. It'd be rather dangerous if it were voluntary - we could stop our heart beating any time we wanted!

