



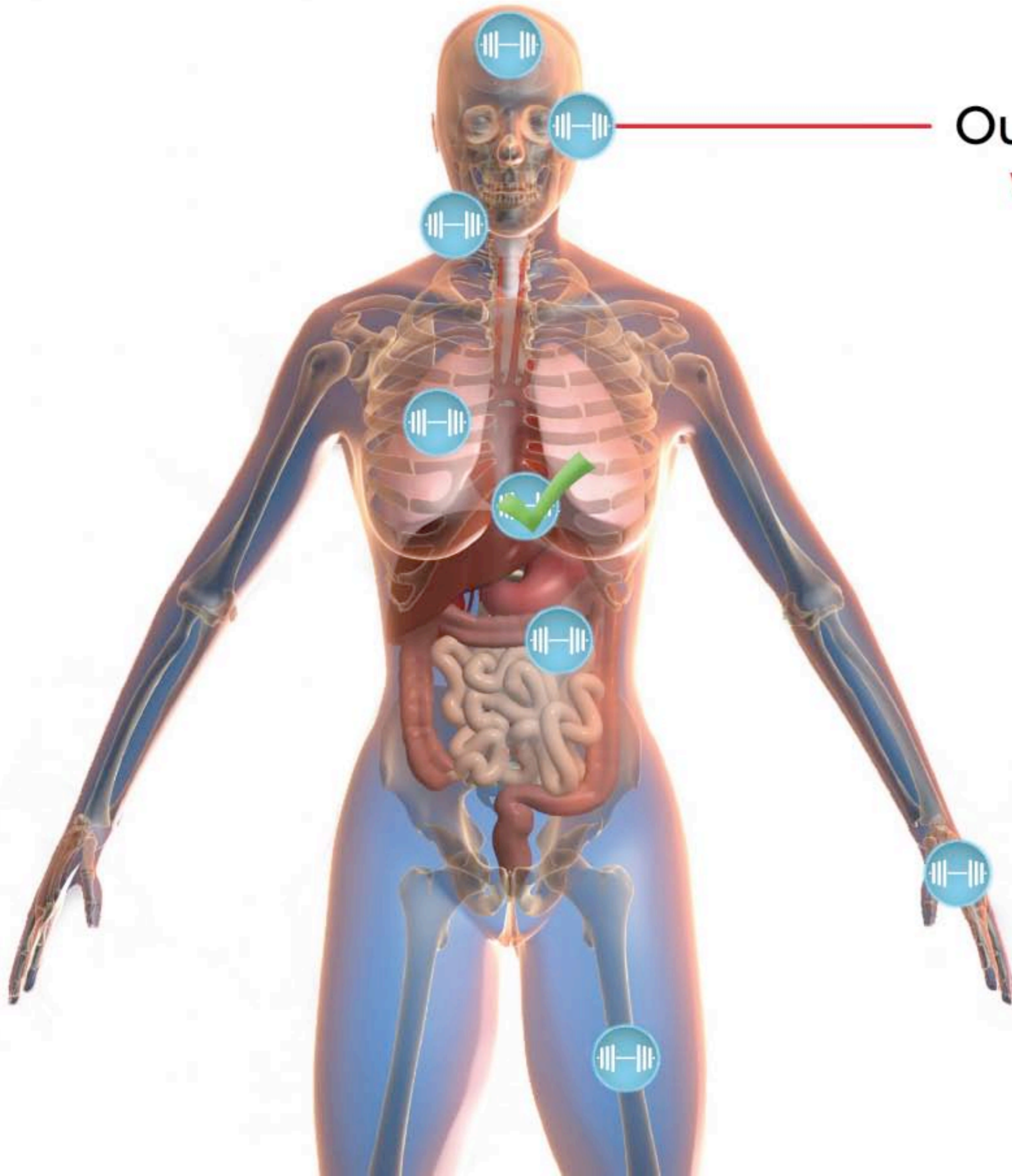
We have read that muscles and bones are both needed for movement. To work together to create movement, muscles and bones have to be connected. Most muscles are attached to bone by strong cords called **tendons**. Tendons look like rubber bands. Besides connecting bone and muscle, one other important job of tendons is to protect muscle from strain during movement.



Can you find any tendons in your body? Try this: Touch the top of your hand as you wiggle your fingers. The hard ridges you feel that run from your fingers to your

continue reading 

Voluntary and Involuntary Movement



Our eyelids blink on their own.

VOLUNTARY / INVOLUNTARY



Reset



Which statements are True and which statements are False?

WELL DONE!

- ✓ **TRUE / FALSE** **E)** Involuntary muscles work in pairs to move.
- ✓ **TRUE / FALSE** **F)** An example of tendons are the hard ridges that run from our fingers to wrist.
- ✓ **TRUE / FALSE** **G)** Smooth muscles and cardiac muscles are both involuntary.
- ✓ **TRUE / FALSE** **H)** Tendons help protect muscles from strain.



Open Discussion:

How do the muscles in your arm work together to create movement?