

# Matching

Match the word on the left with its meaning on the right. Type the number of the word next to its meaning.

1	bundled	A slender, threadlike object.	<input type="checkbox"/>
2	cardiac	A group of things gathered close together are _____.	<input type="checkbox"/>
3	involuntary	Another word for striped.	<input type="checkbox"/>
4	striated	A word used to describe things related to the heart.	<input type="checkbox"/>
5	fiber	Something that happens without thinking about it or choosing it to happen is _____.	<input type="checkbox"/>

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# Reading Passage

There are over 600 muscles in the human body. Together they make up the muscular system.

Just like your skeleton, your muscles are below the skin. This means that you can only see the outline of muscles and feel them change shape when they move. Try this – hold your arm up like a weightlifter and tighten your fist. Can you feel the muscles in your upper arm getting bigger and harder?

Doing this exercise gives you a clue about the two main jobs of muscles.



# Multiple Choice

Are the following statements TRUE or FALSE? Drag the circles to TRUE or FALSE.

- The human body has over 1000 muscles.  
TRUE FALSE
- Muscles help us move.  
TRUE FALSE
- Cardiac muscle is voluntary muscle.  
TRUE FALSE
- Every human muscle is made of one large muscle fiber.  
TRUE FALSE
- If something is "involuntary" it means we cannot control it.  
TRUE FALSE

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# Marking Rubric

Name: \_\_\_\_\_

	Level 1	Level 2	Level 3	Level 4
<b>Understanding Concepts</b>	Demonstrates a limited understanding of the concepts. Requires teacher intervention. <input type="checkbox"/>	Demonstrates a basic understanding of the concepts. Requires some intervention. <input type="checkbox"/>	Demonstrates a good understanding of the concepts. Requires no intervention. <input type="checkbox"/>	Demonstrates an excellent understanding of the concepts. Requires no intervention. <input type="checkbox"/>
<b>Responses to the text</b>	Expresses responses to the text with limited effectiveness; inconsistently supported by proof from the text. <input type="checkbox"/>	Expresses responses to the text with some effectiveness; supported by some proof from the text. <input type="checkbox"/>	Expresses satisfactory responses to the text with some effectiveness; supported by satisfactory proof from the text. <input type="checkbox"/>	Expresses thorough responses to the text with some effectiveness; thoroughly supported by proof from the text. <input type="checkbox"/>
<b>Analysis of Concepts</b>	Interprets various concepts from the text with limited, unrelated details and incorrect analysis. <input type="checkbox"/>	Interprets various concepts from the text with some details but also some incorrect analysis. <input type="checkbox"/>	Interprets various concepts from the text with satisfactory details and good analysis. <input type="checkbox"/>	Interprets various concepts from the text with excellent details and thorough analysis. <input type="checkbox"/>
<b>Application of Concepts</b>	Demonstrates a limited ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a basic ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a satisfactory ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a strong ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>

Total Score =  /58