

## Studying the Muscles in Physical Education

As part of our emphasis on health this year, students recently learned about the major muscles of the body. These muscles were reinforced by warm-ups, games, and activities that used these muscles. Students played games like tunnels and bridges to work on triceps and biceps, jumped to lily pads to work on quadriceps, hamstrings, and glutes, did partner sit-ups with a ball to work on abdominals, did lots of scooter activities to work on the pectorals and trapezius, and did partner passes around the waist and the "Twist" to work on obliques.

As a teacher, I was impressed with how well the students learned the muscles and their purposes. It was a great unit of study.



Students throw frogs to a lily pad and use their quadriceps and hamstring to jump there.



Students show the teacher the location of their quadriceps



Playing bridges and tunnels is a fun way to use the triceps and biceps.

For more pictures of our study of the muscles please visit the following web page:

<http://picasaweb.google.com/kathywagnerpe>