

Science - Animals including humans

WALT: Can I understand why we need muscles?

Did you know you have more than 600 muscles in your body?! They do so many things including pumping blood through your body to help you lift your heavy backpack. You are able to control some of your muscles, while others - like your heart - do their jobs without you thinking about them at all.



1 - This is a picture of all of the muscles in someone's back!

Watch this [video](#) to find out some of the reasons why we need muscles.



Muscles are all made of the same material, a type of elastic tissue (sort of like the material in a rubber band). Thousands, or even tens of thousands, of small fibers make up each muscle.

You have three different types of muscles in your body: **smooth** muscle, **cardiac** muscle, and **skeletal** muscle.

Your task...

Follow this link and complete the [quiz](#). How many questions can you correct?!

