

## **Lesson 3- Science**

### **Muscles**

You will need a can of bean or a bottle of water (or something similar) these need to be full.

Watch the link below.

<https://www.youtube.com/watch?v=3haTJCOkyxA>

Next, you need to use the can or bottle of water like a weight. Lift the weight up and carefully down, bending from the elbow. Which muscles are you using to move your arm? How do your muscles move your forearm?

Draw a picture of the muscles on your arm and label them. Can you explain what is happening when you contract and relax the muscles?

