

Muscular System

Pic & Move



Options:

- Pictures/ Picture Collage/ Workout Poster
- Short Videos/ Tik Tok Style

You can do all of the same or do both. Your choice. Make it fun... add music, workout video, etc.

PART 1:

- Choose 3 of the exercises below to perform.
- Show the muscle being used in the CONTRACTION/ ACTION phase of each exercise.
- Draw on/ Edit the picture to help show where the MUSCLE is that is being CONTRACTED (shortened).

EXERCISES: Squat, Jumping Jack, Push-up, Heel Raises, Crunch, Leg Curl, Upper Arm curl, If you have your own get it confirmed with me.

STRETCH

- Now show how to stretch the 3 muscles you used.
- Show the muscle being stretched.
- Draw on/ Edit the picture to help show where the MUSCLE is that is being STRETCHED (lengthened).

PART 2:

- Choose 5 Muscle Movements to represent as well.
- You can include them in your exercise pics or create new movement pics/videos
- Idea: short new dance move using 1 of the movements

MOVEMENTS: flexion, extension, dorsiflexion, plantarflexion, supination, pronation, circumduction, rotation, abduction, adduction

Roll all your videos into 1 long clip or add all your pictures to make a collage.

Make sure to:

- Label & Show the name of the exercise
- Label & show the muscle(s) being used during contraction phase of that exercise
- Make sure the movement is shown.

You can work in groups but EVERY Single person turns in their own finished project.