

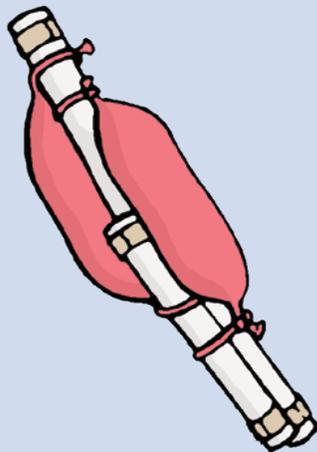
ACTIVITY!

Inquire & Investigate



Ideas for Supplies ▼

- poster board
- straight pin
- large paperclip
- long balloons



To investigate more, consider what would happen if you removed one of the muscles from the arm model. How would that affect the arm's movement?

BUILD A WORKING ARM MUSCLE

How many times a day do you use your arm? In this activity, you'll create a model of a working arm muscle to see how the muscles in your arm work together to help you bend your elbow and move your arm.

- **Do some research into arm bones and muscles so you understand how an arm is put together.**
- **Cut two 8-by-11-inch pieces and one 12-by-11-inch piece from the poster board.** Roll each piece and secure it with masking tape. What arm bones do the shorter pieces represent? What bone does the longer roll represent? Label each bone.
- **Using a long straight pin, poke a hole through the humerus, about a half-inch from its right end.** Poke holes through the radius and ulna about a half-inch from the left ends.
- **Lay the paper bones on a flat surface.** Straighten a large paperclip to create a long wire and push it through the holes to connect the bones. Bend the wire at each end to stop it from pulling out of the bone. Place tape over each wire end to prevent it from popping the balloon muscles that you will create.
- **Partially inflate two long, thin balloons and leave a tail at each end.** What arm muscles do the balloons represent? Attach the muscle balloons to the paper arms.
- **Test your arm model and observe the muscle action.** What happens to the muscles when the arm is straight and bent? When it's moving? Where else in the body does a muscle pair work like this?