



Get Moving! All About Muscles

It takes more effort to frown than it does to smile.

Is this statement a fact or an opinion?

How do you know?

Fact or Opinion

 **Reading a-z**



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What happens after your brain sends a signal to your muscles?

Sequence Events

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How are skeletal and smooth muscles different from each other?

How are they similar?

Compare and Contrast

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What causes a pulled muscle?

Cause and Effect

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The author says the heart is the most important muscle.

Do you agree?

Why or why not?

Evaluate

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Your friend wants to build stronger muscles.

What three pieces of advice would you give him or her?

Create

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