**Spinal Reflex Arc**

1. A receptor which is on a sensory neuron reacts to a change in the internal or external environment by initiating a nerve impulse along the sensory neuron
2. A sensory neuron carries the impulse from the receptor to the CNS (brain or spinal cord)
3. The nerve impulse is passed to an interneuron via a synapse which is in the grey matter of the spinal cord
4. The impulse is then passed to the motor neuron via a synapse in the grey matter of the spinal cord.
5. The motor neuron carries the nerve impulse to an effector
6. The effectors carry out the appropriate response, normally a skeletal muscle cell or secretory cells