



Today's at-home learning theme:

Muscular System



- Start with this video by Sportology to learn about the muscular system and how we build muscle: <https://www.youtube.com/watch?v=94Q-fvCAJzQ>
- Enjoy Follow this lesson plan from Clarendon Learning to identify different types of muscles: <https://clarendonlearning.org/lesson-plans/muscles/>
- Calculate your horsepower and make an exercise video to your favorite song with Eva Varga: <https://evavarga.net/stem-club-muscular-system/>
- Do some research on these diseases of the muscular system. After completing the worksheet, make a poster about one of the diseases: <https://homeschoolgiveaways.com/wp-content/uploads/2019/02/Diseases-of-the-Muscular-System-Notebooking-Research-Journal.pdf>
- Try to find the names of these muscles in this word search by Education.com: <https://www.education.com/worksheet/article/muscle-anatomy/>
- Complete this blinking lab from Getting Nerdy with Mel and Gerdy with a sibling or parent: <https://gettingnerdywithmelandgerdy.com/muscles-move-you/>
- Use this interactive muscle map by Inner Body to learn about the different muscles in your body: <https://www.innerbody.com/image/musfov.html>
- Learn about how astronauts exercise with Teach Engineering and NASA: https://www.teachengineering.org/lessons/view/cub_human_lesson02
- Grab some tape and do this Muscle Match activity from Classroom: <https://classroom.synonym.com/games-activities-muscular-system-5894450.html>
- Read Chapter 11 Sections 9-11 from this free flexbook: <https://flexbooks.ck12.org/cbook/ck-12-middle-school-life-science-2.0/>

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