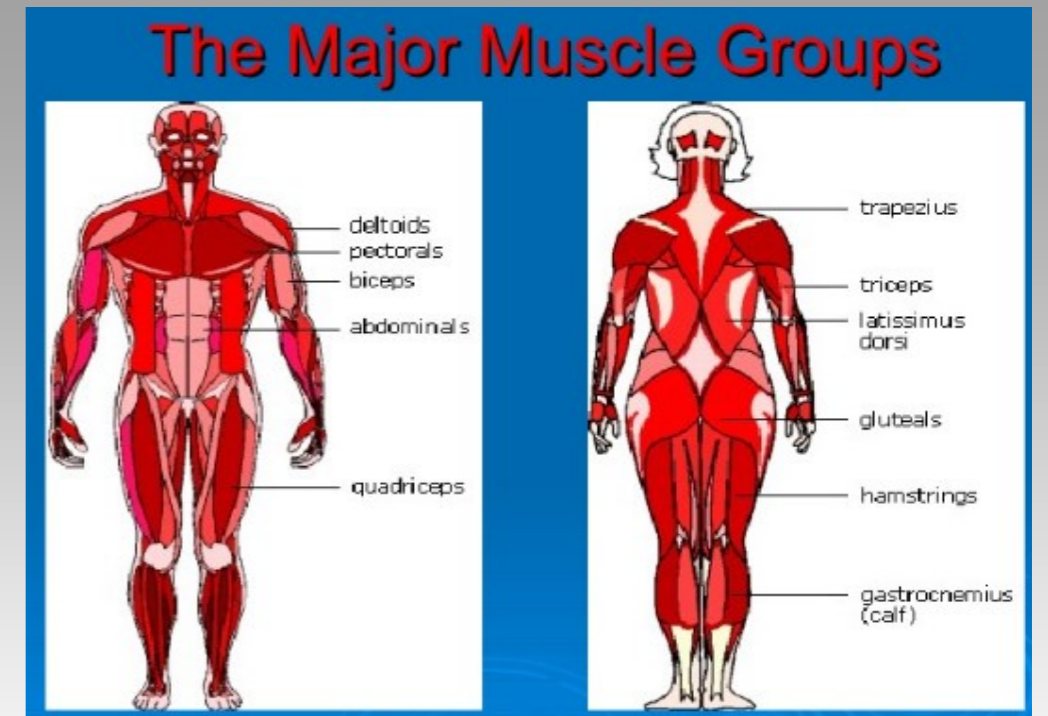
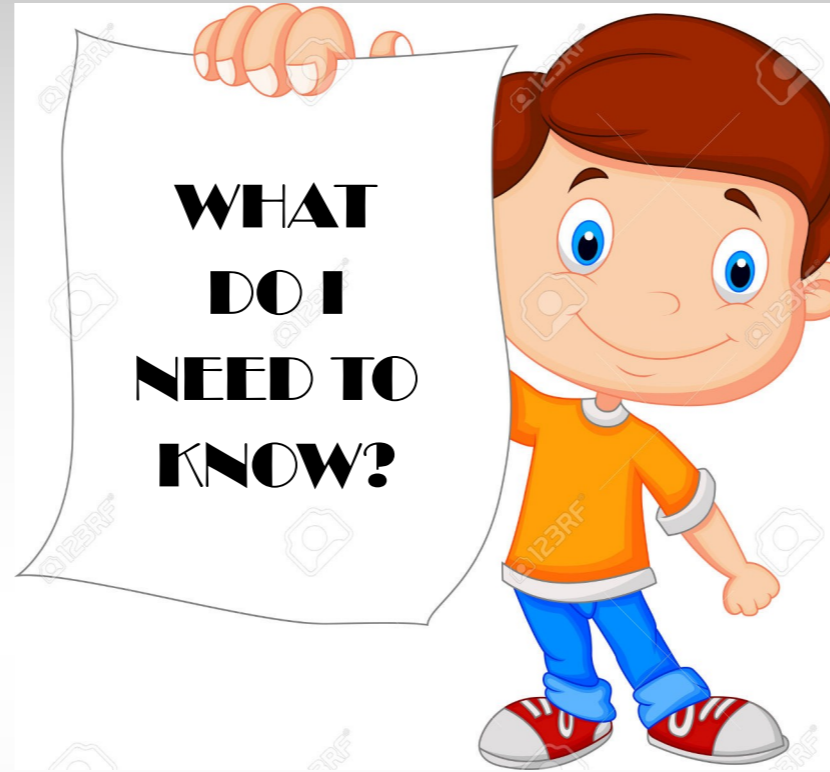


KS3 THEORY KNOWLEDGE

THE MUSCULAR SYSTEM

YEAR 7

11 MAJOR MUSCLE GROUPS
IN THE BODY & THEIR
CORRECT ANATOMICAL
NAMES & THEIR LOCATION



YEAR 9

ALL YEAR 7 AND 8
KNOWLEDGE PLUS

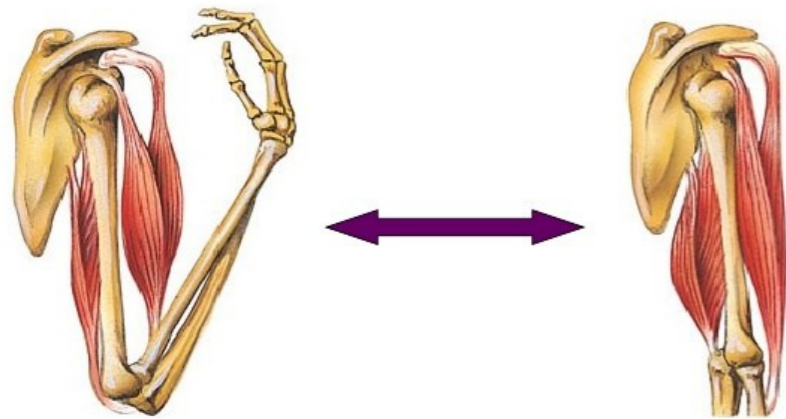
ANTAGONISTIC PAIRS
& EXAMPLES

AGONIST OR PRIME MOVER
ANTAGONIST
FIXATOR

YEAR 8

ALL YEAR 7 KNOWLEDGE PLUS
INVOLUNTARY, CARDIAC & SKELETAL /
VOLUNTARY MUSCLE AND EXAMPLES

Antagonistic Muscle Pairs



- Biceps muscles contract.
- This pulls the forearm up.
- Triceps muscles are relaxed.
- Triceps muscles contract.
- This pulls the forearm down.
- Biceps muscles are relaxed.