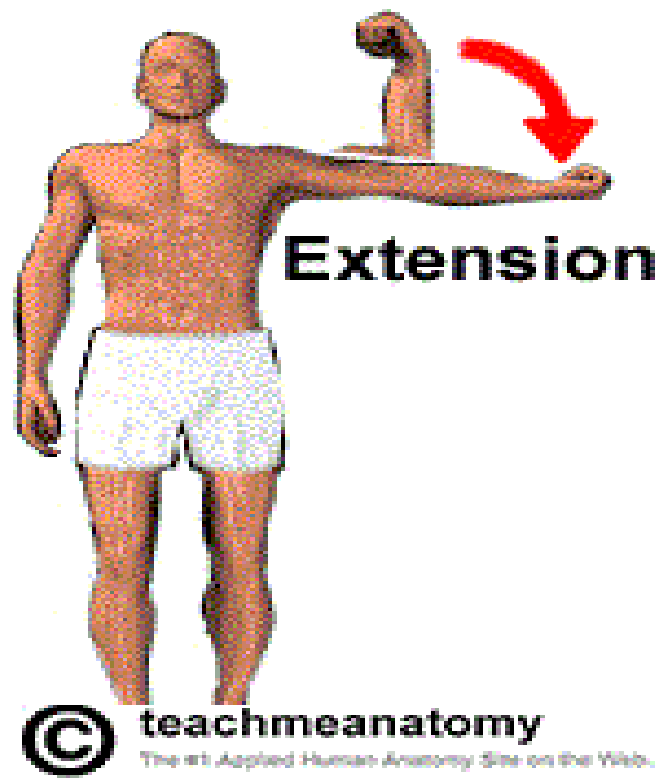
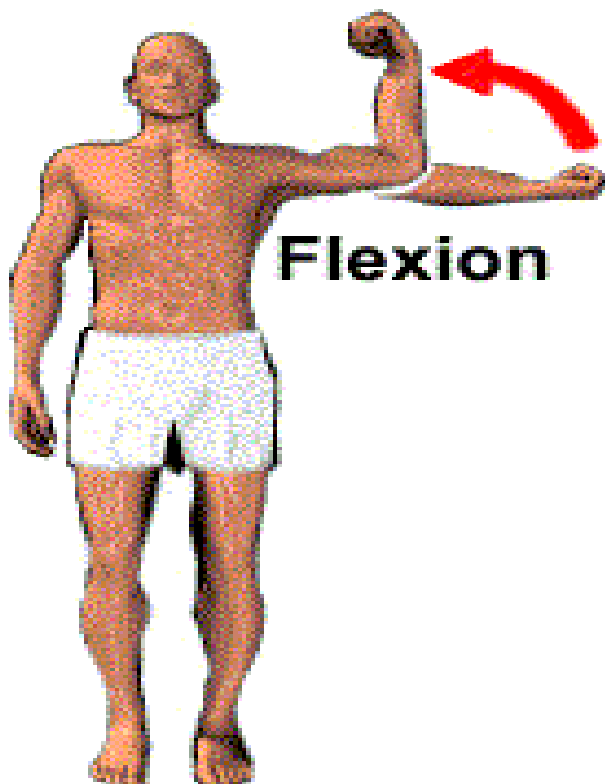
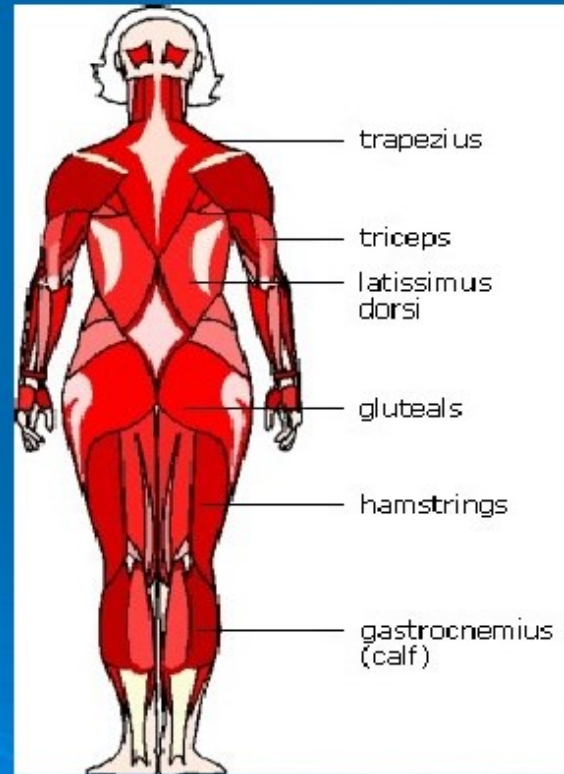
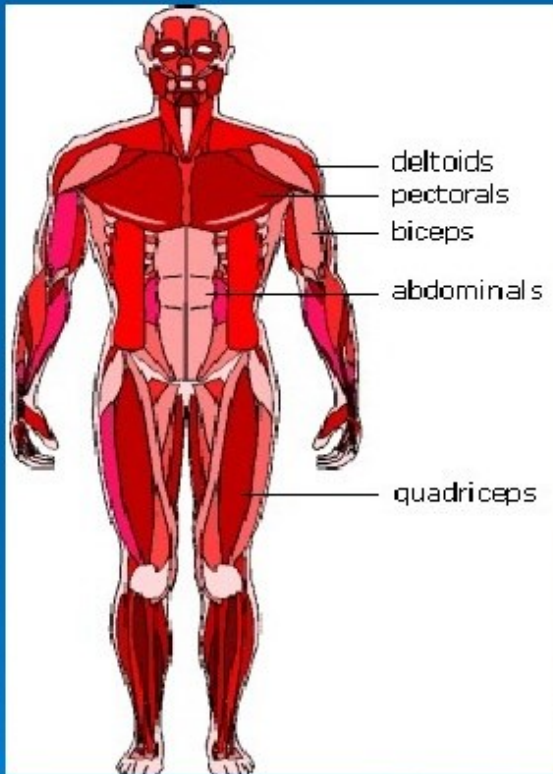


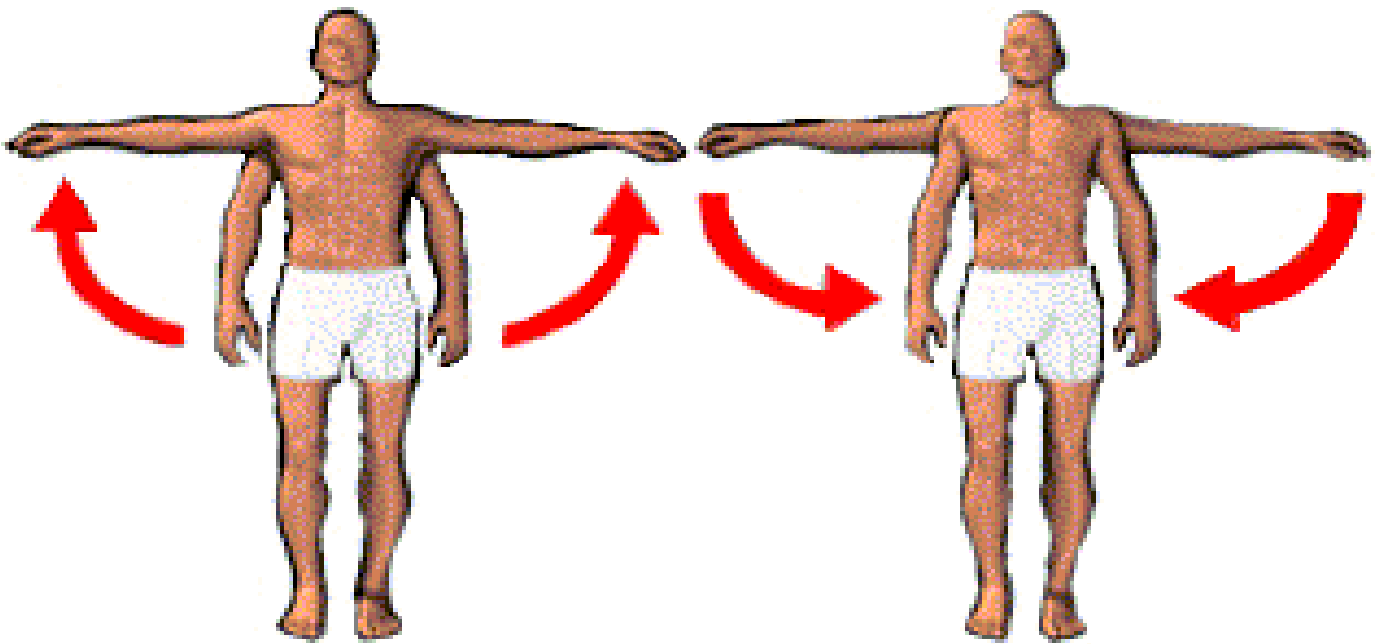
THIS IS THE INFORMATION YOU NEED TO LEARN

FOR YOUR THEORY TEST IN PE

The Major Muscle Groups



CHALLENGE WORK - NOT ON THE TEST



Abduction

Adduction

THE THREE DIFFERENT TYPES OF MUSCLES IN THE BODY

INVOLUNTARY MUSCLE - Contract and lengthen by themselves without us consciously doing it. E.G. muscle in the internal organs.

CARDIAC MUSCLE— This is also involuntary muscle that makes your heart beat—found only in the heart.

SKELETAL/VOULNTARY MUSCLE—This is under our conscious control and is used primarily for movement. E.G. The bicep muscle in our arms.