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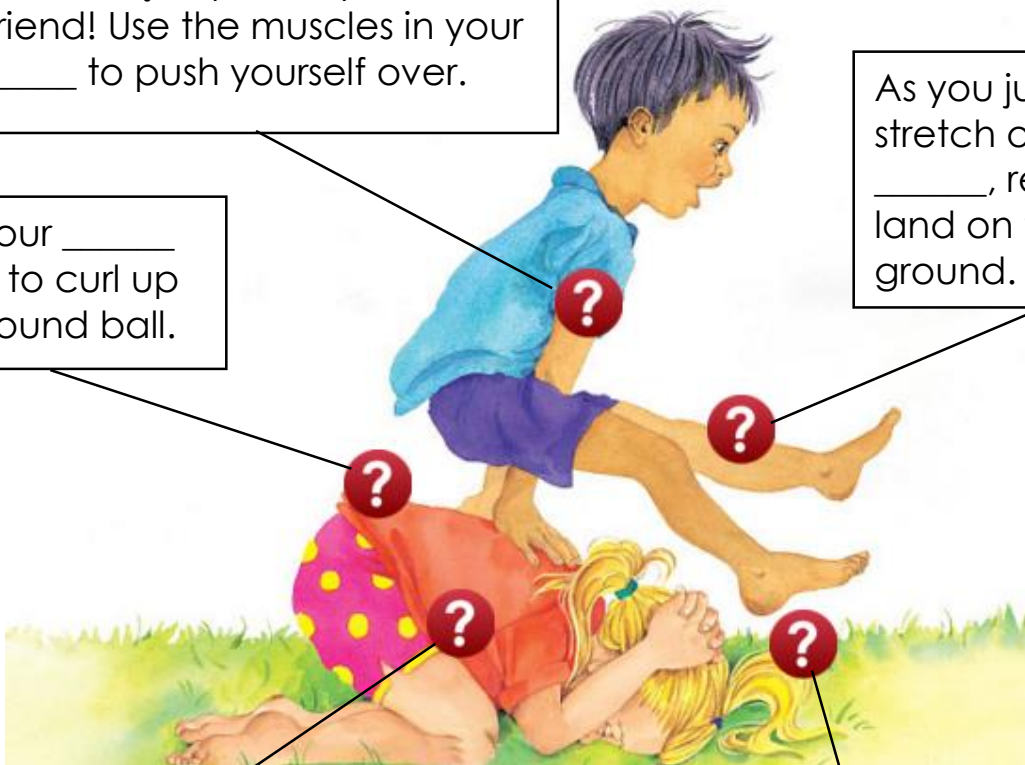
# Muscles

Strong muscles under your skin help you \_\_\_\_\_ and stretch your body. You use muscles every time you shake your head, wiggle a toe, or \_\_\_\_\_ up and down. The big picture shows children playing leapfrog. This game uses lots of muscles!

Run and jump over your friend! Use the muscles in your \_\_\_\_\_ to push yourself over.

Bend your \_\_\_\_\_ and try to curl up into a round ball.

As you jump, stretch out your \_\_\_\_\_, ready to land on the ground.



Pull your \_\_\_\_\_ up toward you head.

To keep your \_\_\_\_\_ safe, tuck it under your hands.

