GRISSOM MIDDLE SCHOOL

FITNESS FOR LIFE -8TH Grade

MS. MCLEAN

INDEX CARD– 16 MUSCLES ASSIGNMENT

Materials

16 Index Cards

A sheet with 16 muscle words

A sheet with 15 muscles pictures

1. Cut and Paste muscle name on index card. (no line side) 5pts.
2. Cut and paste muscle picture on index card. (line side) 5 pts.
3. Write Anterior or Posterior. (line side) 5 pts.
4. Write Upper Body or Lower Body. (line side) 5 pts.
5. Name 3 exercises for each muscle. (line side) 5 pts.

Total Points = 25

Due Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_