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# Muscular system

Muscles are tissues that contract, and the human body has almost seven hundred of them, which are divided into three kinds. **Skeletal muscles** are responsible for the voluntary movement of the bones. **Smooth muscles** are involuntary; they include blood vessels, intestines and the lungs. There is only one **cardiac muscle** - the heart. The term **muscular system** is used only for the skeletal muscles, which are the long slender fibres arranged in parallel bundles that give our arms, legs, torso, neck, and face much of their shape. The large part of the muscle is called the **fibre**. The ends of the skeletal muscles are attached by ligaments to two different bones, only one of which moves when the muscle contracts. The joints where the muscle meets the bone that does not move. The origin is always closer to the torso than the insertion, where the muscle meets the bone that does move. Muscles that bend joints and pull limbs toward the body are called **flexors**. Muscles that straighten joints are **extensors**. Movement usually involves the coordinated action of several muscles. The muscle that initiates the action is the **agonist** or **prime mover**. As the agonist contracts, another muscle, the **antagonist**, relaxes or yields to it. Other muscles, **synergists** or **fixators**, help the prime mover by completing unwanted movement or holding a limb or joint steady during the action.

Read the text about the muscular system and answer these questions

1. What are muscles?
2. How can they be classified?
3. What are skeletal muscles responsible for?
4. Are smooth muscles voluntary? Mention some.
5. Where can cardiac muscles be found?
6. Is the term "muscular system" used for all kind of muscles?
7. Where can you find skeletal muscles?
8. Describe skeletal muscles.
9. Name the three parts of skeletal muscles and explain.
10. What are "flexors"?
11. What are "extensors"?
12. What is the "agonist" or "prime mover"?
13. What is the "antagonist"?



## ANZAC BISCUITS



### Ingredients

Makes about 4 dozen

- 120 g butter
- 1 tablespoon golden syrup
- 1 lightly rounded teaspoon bicarbonate of soda
- 2 tablespoons boiling water
- 1 egg, well beaten
- 80 g desiccated coconut
- 120 g plain flour
- 225 g sugar

Note: Bicarbonate of soda is the same as baking soda.

### Directions

1. Mix the bicarbonate of soda with the boiling water and add to the butter.
2. Place a teaspoon of the mixture at a time onto the greased baking trays. Allow room for spreading.
3. Mix all the dry ingredients in a bowl and add the butter mixture. Mix well.
4. Bake for 10-20 minutes until golden. Leave to cool on baking trays, lift off trays, place on a wire rack. Store in airtight containers.
5. Preheat oven to 150°C and grease 3 baking trays.
6. Place the butter and golden syrup in a saucepan and melt over a low heat.





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Check out the Animal Island AILA Sit & Play Virtual Early Preschool Learning System. Phonics Games & Videos Online - Teach Your Child to Read with Phonics - Phonics Games Online, Phonics Worksheets, Phonics Video Tutorials FredisaLeans.com: is a multi-level English program for children between the ages of 4 to 12 featuring tons of cartoon animated videos, games, tests and worksheets to teach and review vocabulary, grammar, spelling and communicative skills. Equipped with two Skilly Billy pens and a duster cloth, your child can draw as much as they want without having to ask you for a single sheet of copy paper.Educational Insights Bunny Hop for Memory and Color RecognitionHelp your little ones sharpen their color recognition and memory skills with this award-winning preschool game. This information will be randomly ch ... English Lessons for Kindergarten, Games and Worksheets English Lessons for Children - For Parents & Teachers of Kids - We offer Video Tutorials, Games, Worksheets, Powerpoint,Flashcards, Placement Tests - Kizschool.com ESL Ebook Packs for Kids : Resources You can't afford not to have. ThatcAAAs the reason many of the proucts found here are game-based learning tools, which come loaded with fun activities that kids are sure to love. With the holidays approaching, keep in mind that these products make great gifts for both your own children and those of family and friends. Photo Courtesy: Amazon The goal of the game is to be the first to reach the square tagged 100, size, mix the sentences and give them to the students. The students will raise and mix trying to combine the phrases significantly and will also guess the correct R ... 7 125.588 Begelempre-lint A.E à e À ,~ à e Définition/related clauses that are not defined, compound of mixing the whole class. Children can assemble the pieces in a mat, a cube and a variety of other fun shapes. Put the students in two lines facing each other and then project the presentation on your IWB. The British Council learns English, British Council learns British sites has many free games to practice English for young students, teenagers and adults. Ideal for adult students, there is an engaging game for everything, from vocabulary and grammar games to those who practice pronunciation and punctuation. We chose ten of them to let you go. It is a great way in the round to encourage children to learn safely and funny. Counting of practice and recognition of numbers with the slides and the Gameincage table stairs your children to practice their counting qualities with a game that is getting the work done for more than 60 years. Do you feel a little better for the learning of the nursery school at home? 1 20.232 ADV Paloma Valencia Castro à e àvelop character and personality, Halloween, Mingling activities, October this game is perfect for Halloween. 2 25.429 All Helen Close is àvelop Christmas, Mingling Actives, December this appeals to all the ages, making a Christmas chatter box. 1 80.505 PRE-INTS SI \ àvelop Past Simple, Present Simple and Adult students, role-playing games these role-playing cards are designed for pre-intermediate elementary students. There are instructions for each part: discussion, agreement, disagree and get to one with ... for e e ortsom ekiooc ,omile emoc olgif out ad hìreferp teertS emaseS id icima lgh elचना edulcni am ,otehaffa\led arettel anu anesrep ozpep ingo olos non nozama -enoissecnoc rep elbat \ytiviteA nraeL dna hcuot\ hceV \erolocserp Àte ni itneduts ilg rep etlecs iroilgim ertson elled emucla noc otemidnerppa id atsef atseug a oizini onaicaf. semaG ytiviteA dna gninraeL trans etra'l noc eranous e ericuu a olgìf out id eroiretni atsitra\l egaruocnEtrams trA e ylib ylilKS noc etra'd enoizal anu idnerP .otat omnah aneppa non aizilup elicaf anu rep isulcni enoizaitvhcra id itnemitrapmoc ien ehcitsitra inoizærc orol el e sellppuS trA erotS .otnemivap lad elausc associiccippa aton anu onglecs e olhrecv ni onos itneduts ilg iuc ni CAP emoizel emoc otasu eresse 'Aup otseuQ ,enoissuscid al rep itnemogra erffo ehc emocni CAP olour id ihcoiG-A eÀ gnikaepS eÀ ~à eÀ enoob \va tuñit-erP 649.73 1. aippoc ni eraroval rep innula ilg rep oroval id ilgof i apmatS eÀ olour id ihcoig ,jalicos imelborp ,iraffa'd actiammarG eÀ ~à eÀ ani eÀ VÁij yaugaraP & yauguruU HE eÀ eÀ eÀ ~à eÀ ollagotroP e angapS teÀ eÀ eÀ ~à eÀ ellic teÀ eÀ eÀ ~à eÀAnitnegrA teÀ :noizamrofni iroiggam ... ratnemelE rep ottaD \noisserpe de iralobac ivoun erangensi elitu eresse ehcna 'Aup ,itneduts ivoun iout I noc oiccalhgipmor emoc erasu ioup iuc noc etsopisr id ipmese de namod id oncleu nu 'À otseug , Àtivitta ondalocsem ,adneciv a enredoG eÀ ~à eÀ itnangensi id erotarballoc ottut 592.04 3 ... nu, eselgni ni eralrap id olledom II ecslilbats ogolaid II ,acisum onisrep e iroloc ,eretel ,iremun erarapmi a olgìf out eratraia rep Àtivitta id enigap euqnic noc ovittaretni potkسد nu noc otinrof eneiv exuleD kseD ytiviteA eviteA nraeL dna hcuot\ hceV .enoizulos anu eravot id acrec ondoces li ehc amelborp li eggel etneduts onU ... eraraperp rep aippoc ni onaroval itneduts ilG .issets es us inoizamrofni erevircs rep atrac anu Àrva itneduts ingO ,oroval li ereglows a itratuia rep esrosir etlom ilibinopsis onos ,onocserc ehc onam nam osseccus ereva rep ongosib onnarva iuc id Àtiliba el eracitarp a onatua li ehc olovat ad ihcoig ia etiutary evitacude ppa ellaD ,ollecC U forms and the alphabet at home is of great fashion at this time, so why not combine your child in preschool age PROPRIO SCANSO DI Home Office? What might seem like a traditional table game could be a great way to show your kids practice their counting skills. Students take t ... 1 19.940 All RobbieEnglishTeacher eÀÀeÀSayTell/Speak/Talk, Mingling Activities Get students talking on the first day! Build great rapport with your first class! Time: 40-60min Includes: 20 Get to Know You Questions & Answers Includes pictures Worksheet - Guess the ... 1 56.210 BegEmel Tom Leventhall eÀÀeÀSpeaking ÀvÀ Mingling Activities A discussion activity designed to bring out the best (and worst!) in your students. ItcAAAs targeted primarily at young learners but the games can be used at any age, and there are fun classroom tools for teachers as well. We discuss greetings that are used at Christmas both spoken and written. They can be displayed on the poster in the classroom or printed out and your students will be a ... Players have to remember which bunnies hop out of their hiding places, because the first person to collect one of each color wins.Animal Island AILA Sit & Play Virtual System for Early Literacy and Social SkillsWant to ensure that your childcAAAs screen time is used in all the best ways? These books will save teachers time. Look out for the Grammar of Doom and Shoot a Sentence! ESL Games World This website has lots of free games for practising English, including listening quizzes and printable games. ESL Board Games and Communicative Activities Worksheets for children ESL Holidays and Festivals Worksheets for Children- printables for Christmas, Halloween etc. ItcAAAs perfect for kids from 2 to 8 and can even be played when devices are offline.Solve a Giant Puzzle with Sesame StreetIntroduce kids to the fun of puzzles and letters with the Sesame Street Giant Floor Puzzle. For the student who wants to improve their English at home online eAAA or even on the move with their smartphone eAAA there are lots of great sites with free games for practising English. This fun, convenient kit gives you a great way to nurture your childcAAAs creativity while helping develop their spatial reasoning, focus and processing skills. Students wri ... Be sure to also check out more Sesame Street learning games available free on the Sesame Street website. Take a look at these suggestions for learning games to help nurture your preschool-aged childcAAAs mind from home.Pump Up the Learning by Making It FunBeing restricted to learning at home during a pandemic is a challenging experience for young children eAAA and pretty much everyone else. Good for Beginners, Elementary and Intermediate Levels. ESL Worksheet Ebooks - Grammar, Crossword & Vocabulary Ebooks - Crosswords, Word Puzzles, Flashcards, Games and more for teaching vocabulary grammar. Math4Children.com: Free Math Worksheets, Math Games, Online Quizzes, Video Lessons and eBooks Downloads for Learning and Teaching kindergarten, preschool,1st to 6th grade. Photo Courtesy: Zero Creatives/Cultura/Getty Images Fortunately, plenty of great educational products encourage children to develop their cognitive skills without even realizing it. Players who throw a ninja star at the wrong word get to watch Àthe whole thing explode. Vocabulary.co.il Although aimed primarily at native speaker schoolchildren, the games on this site eAAA and there are over a 1.000 of them eAAA are great for EFL students as well. 6 134.254 Pre-IntIntAdv Maiaira eÀÀeÀMingling Activities, Reading Comprehension, Flashcard Sets In this exercise, the sentences are scrambled and the students must put the words in the correct order. There are games to sort all tastes, including Beat the Keeper, Spelloween and Pic-Your-Wits, plus illustrated jokes and wordplay fun. Every parent needs all the help they can get right now, which is why we pulled together a great list of products to help your preschooler build learning skills in fun and exciting ways. From math and science to reading and creativity, the subjects covered by the app help enhance their skills across the board. Plus Games You can find many colorful and interactive games to practice English on this website full of jams, which also offers printable games, Powerpoint resources and versions for smartphones and iPads. This is a great game for children (and also playful adults) to learn and practice the different part of the speech. Children's Worksheets - Preschool, Kindergarten, 1st degree to 4th degree Fun games for learning and teaching - Class games, Grammar games, Vocabulary Games and more... Everyone likes to play, and any teacher knows that games and quizzes are a great way to involve language learning. Complimentary photo: Amazon When it is your turn, you roll the color dice, press down on a matching colored rabbit and grab it if it jumps into the air. There are a number on the sheet from which you can choose. Self-taught quiz for children and beginners - We have quiz on animals, fruit, transport, toys, classroom objects, jobs, vegetables and more quiz vocabulary for children and beginners English Learners ESLGAMESPLUS.COM: Games for teaching English to children - vocabulary games, conversation games, grammar games, phrase games on this site: Printable ESL Worksheets, ESL Class Games, EFL Videos Tutorials, PPT Lessons, Interactive Vocabulary & Grammar Activities, Download Teachings. 1 56.982 Pre-IntIntAdv Anastasiya Tischenko Play These phrases are useful during the organization of the couple's work during pre-intermediate students' lessons. Worried about too much time for the screen? This unique preschool-gearod device is loaded with Animal Island Learning Adventure (AILA), an educational series developed by real educators, not only software developers. MATH ESERCITS FOR CHILDREN Puzzle worksheets- Words & search for words and other puzzlesKids Video Worksheets- Watch Harry Potter, Mr. Bean and others while learning English effectively ESL children worksheets to read, write, write,Vocabulary, Kids Grammar ESL Phonics & Phonetics Sheets: teach the pronunciation of words using sound construction and words. I hope this list has just what you need to keep your young happy, safe and healthy - and your low stress level - while they are learning from home! More information from consumerearch.com children enjoy turning the spinner and counting the number of spaces they manage to move, allowing them to develop their counting skills without even realizing it. Play maths, sciences and other games about the PBS children's apprise "TM has a child who is curious about technology, so download an app that you won't mind allowing them to explore whenever they want. Students can take turns to discuss problems in the worksheet and ... photos courtesy: Amazon your children can join their favorite PBS characters in the games with labyrinths, puzzles, coloring challenges and more. With schools all over the country closing or limiting the size of classes in 2020, you might be able to wonder how you could help your preschooler stay on track in the age of remote learning. While the traditional school work "may not seem fun for many children, especially preschool children, children love to universally play with fun toys or test their skills by playing an exciting game. 1 22.808 Pre-Intint Florencia Harper à e Speaking à » Mixing activities- This resource is useful to help pass the FCE practice for the language document, part 3 and 4. English Online English has a play area with grammar games and vocabulary. You can play online or download for free. If you land on a "Good Action" square, you can climb a staircase, but the wrong square will make youagain a slide at one of the levels below. 1 27.464 All Megh à e Past Simple, teenagers, summer activities, mixing activities This is a holiday survey of 8 useful questions when you want to involve all students in a group to report during their holidays. holidays. Kids Coloring\Colouring Worksheets- Kids color (colour) and learn using these printable worksheets. The Chutes and Ladders Board Game is ideal for kids 3 and older and doesneAAAt require any mastery of reading skills to play. Measuring in at around 2 feet by 2 feet, it comes with 27 pieces that measure 4 inches by 4 inches each. Photo Courtesy: Amazon The lessons and games revolve around an island full of friendly animals who teach your child everything from literacy and number skills to social skills and emotional growth. English Club English Club has an extensive suite of free games for EFL learners that cover everything from pronunciation to grammar and vocabulary. This is also a tool to ask and answer questions in Past Si ... ESL Kidstuff Young learners can find lots of free games for practising English at ESLkidstuff. Word-lovers will enjoy playing homonym games, doing prefix puzzles, having fun with antonyms and synonyms and counting syllables. syllables.

