

How to make a muscle model

You will need the following things:

- two strips of cardboard or card
- elastic bands
- a split pin
- scissors
- stapler

1. Get two strips of cardboard that are the same length.

These are going to be the top and the bottom of your arms.

2. Pin the two strips together with a split pin. You may need an adult to assist you. The split pin will be your elbow joint.

3. Cut up the elastic band into two long and two short strips.

These are going to be the muscles in your arms. It would be helpful if you had two different colours to show the different muscles.

4. Staple the elastic bands to the cardboard 'arm' as shown. The longer elastic bands are green and the shorter are red on the picture.

5. Now bend the 'elbow'. What can you see happening to the elastic bands?

