

**Physical Education Extra Credit & Make-Up Sheet**  
**Muscle Groups**

Student # \_\_\_\_\_ Name \_\_\_\_\_ Per./Class \_\_\_\_\_

Date \_\_\_\_\_

Signature of Supervising Staff Member or Guardian \_\_\_\_\_

Option 1:

1. Draw or copy a picture of a human including the muscle locations.
2. Color in the muscle groups using the same color for each group of muscles.
3. Diagram and label the entire human, using the correct muscle names.

Option 2:

1. Make a 3-D model of a human including the muscle locations.
2. Label all muscle groups with distinguishing features.
3. Display model in classroom for a minimum of one week.
4. Answer all questions regarding the model.

Option 3:

1. Make a life-size poster of a human including the muscle locations.
2. Draw muscles to reflect what the "real" muscle looks like.
3. Label all muscle groups.
4. Hang poster in classroom for a minimum of one week.
5. Answer all questions regarding the poster.

Option 4:

1. Make a sculpture of a human.
2. Pinpoint each muscle with a flagged pin.
3. Label each muscle either by using a key or the flagged pins.
4. Display in classroom for a minimum of one week.
5. Answer all questions regarding the sculpture.

Option 5:

1. Invent a song, rhyme, riddle, and tongue twister, which will assist in memorizing the names of the muscles and their locations.
2. Teach it to the entire class.

Option 6:

1. Make-up your own assignment.
2. Must have Physical Educator's approval PRIOR to completing the assignment.