

### **Overview:**

In this activity you will identify and locate a variety of muscles and also get active with stretches. You will then complete an identification activity to reinforce your knowledge of muscle names.

### **Activity Plan:**

What body part is used most when throwing a baseball?—the arm. Here are some different stretches you can do to show different parts of the arm at work.

1. Pretend to throw a ball. Place your non-throwing hand on the front of your shoulder. This muscle you can feel moving is the DELTOID.
2. Bend one arm with your palm up. Slowly lift your hand towards your shoulder, bending at the elbow. Place your free hand on your BICEP (front part of arm between shoulder and elbow). As you bend your arm, feel your bicep tightening.
3. Bring one arm straight up by your ear. Slowly bend at elbow to pat your back. Place your free hand on your TRICEP (back part of arm between shoulder and elbow). As you bend your arm at the elbow to pat your back, feel the tightening of your tricep.
4. Imagine you are pulling apart a tight spring with your arms raised to chest level. The muscle group in the upper front of your body is the pectoralis major or PECS.

**Another group of muscles is used when swinging a bat.**

5. Twist your body slightly to left and right. You should feel movement of the OBLIQUES as you twist.
6. With your hands on your stomach, tighten your stomach muscles. These are your abdominals or ABS.

**Another group of muscles is important for many activities, but especially running, jumping and squatting. Did you know that the catcher needs to squat for over 100 pitches a game?**

7. Stand with feet shoulder-width apart. Bending your legs, lower your upper body into an almost sitting position (called a squat). Place your hand on top of either thigh to feel tightening of the quadriceps or QUADS. This group of four muscles work to help swing the leg forward while running and are key in jumping and squatting.
8. Stand up. Lean forward to touch your toes. Place one hand on back of either thigh so that you can feel your biceps femoris or HAMSTRINGS tighten. This group of muscles bend the knees and are extremely important in running and jumping.
9. Stand on your tiptoes. Bend and place hand on either gastrocnemius or CALF muscle (the part of the back of the leg between the foot and knee) to feel tightening of your calf muscle. This muscle flexes the foot up and down, propels runners and provides power for starts and jumps.
10. Sit down. You are sitting on your gluteus maximus or GLUTES, the largest muscle in your body, the one that starts the running motion and stabilizes the hips.

**Great Stretching! Remember, stay active and use those muscles. And as a review of these muscles, fill out the anatomy chart.**