

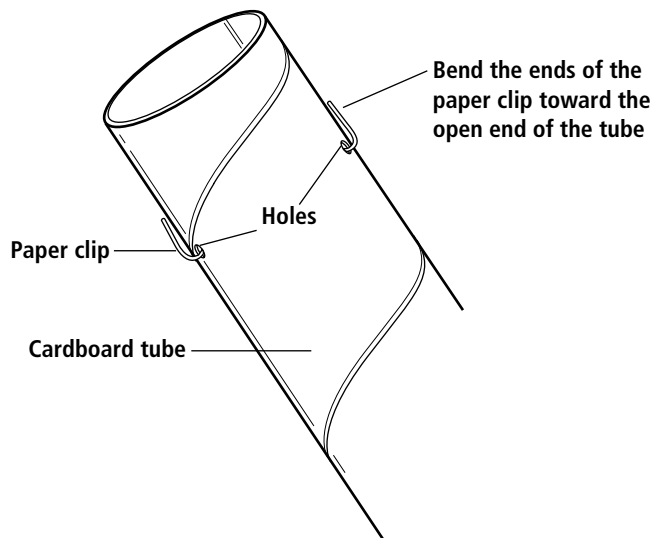
Making a Model of the Arm, Page 1

STUDENT RESOURCE 7.3

ACTIVITY SHEET



- 1 Use a pushpin to poke a hole in one side of the tube with the ball glued to it. Make the hole about 5 cm from the open end of the tube. Poke another hole in the same place on the opposite side.
- 2 Poke two holes the same way about 5 cm from one end of the other tube.
- 3 Straighten a paper clip. Push it through the two holes in the tube with the ball. Make sure the ends of the paper clip stick out the same amount on each side. Bend the ends of the paper clip toward the open end of the tube.



- 4 Do the same with the other tube. Bend the ends of the paper clip toward the short end of the tube.
- 5 Hook a rubber band over the one end of the paper clip in one tube. Hook another rubber band over the other end of the same paper clip. Wrap masking tape around the tube to cover the bent ends of the paper clip.
- 6 Have your partner hold the two tubes together with the ball in the middle. Pull one rubber band and hook it over one bent end of the paper clip on the other tube. Do the same with the other rubber band. Wrap masking tape around the tube to cover the bent ends of that paper clip.

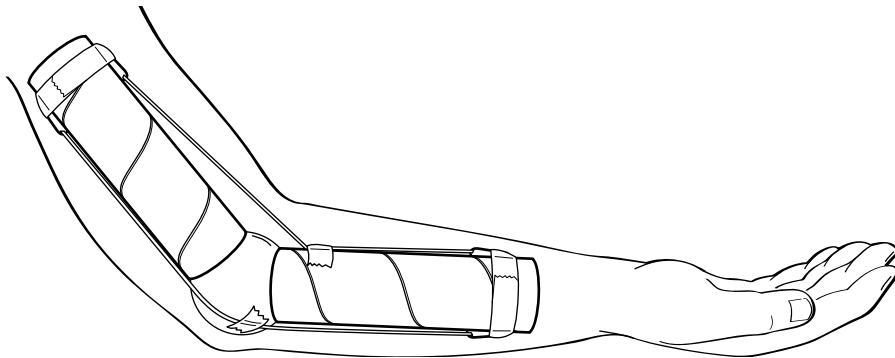
Making a Model of the Arm, Page 2

STUDENT RESOURCE 7.3

ACTIVITY SHEET



- 7 Have your partner hold the tubes in a straight line. Put a small piece of tape on the top rubber band about 5 cm from the ball. Separate the other rubber band a bit and tape it to the ball.
- 8 Hold the model next to your arm. The ball should be next to your elbow. The tube with the ball glued to it should be next to your lower arm.



Your finished model should look like this.

- 9 Use your model to show how the biceps and triceps muscles work together to bend and straighten your arm.