

PARENT NOTES: Hinges and Levers!

ELBOWS



Today we learned about our arms and how our elbow is a hinge and forearm is a lever. This helps us to pick up heavy objects by making the work easier because we spread out the effort over the longer distance of our whole arm. We built a model of our arm with a working elbow to help understand how the muscles in our upper arms (the biceps and triceps) provide the force for us to pick things up by working together. When one muscle is stretched out the other one contracts.

ASK YOUR CHILD

What did you make today?

(A model of a human arm)

What are the names of the muscles and bones in your arms?

(The upper arm bone is the humerus, the bones in the lower arm are the radius and ulna. The big lifting muscles in our upper arms are the bicep and tricep).

How far could you throw your ball of paper?

Did you throw further when your arm was totally straight or allowed to bend?

Can you feel your biceps and triceps when you try to lift something up with your hand? Which one feels strong when your forearm is raised up and which one feels strong when your arm is down?