

**Name/Title:** Identifying Major Muscle Groups

**Purpose of Event:** To determine if the student can identify and label the location of the upper body muscle groups.

**Suggested Grade Level:** 3-5

**Materials Needed:** [Identifying Major Muscle Groups Assessment Sheet](#)

### Description of Idea

This assessment is great to do after you have taught your kids the major muscle groups. If you do not have time in class for the kids to complete ask their classroom teacher to administer it and get you the completed worksheets.

The student will write the number (1-7) identifying the name of the muscle next to the line that points to that muscle.

[Identifying Major Muscle Groups Assessment Sheet](#)

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Submitted by **Bradley Hoback** who teaches at Snow Creek Elementary in Penhook, VA. Additional authors for this idea were Tod Stubbs. Thanks for contributing to PE Central! **Posted on PEC: 9/15/2015.**

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