

# 1.8

## Antagonistic pairs



See page 17

Use the space provided to sketch a diagram, with labels, to explain how an antagonistic pair of muscles work together to cause movement at a joint.

Now describe how an antagonistic pair works to cause movement at a joint. Be sure to include all the crucial key terms and phrases, as well as a sporting example.

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# 1.8

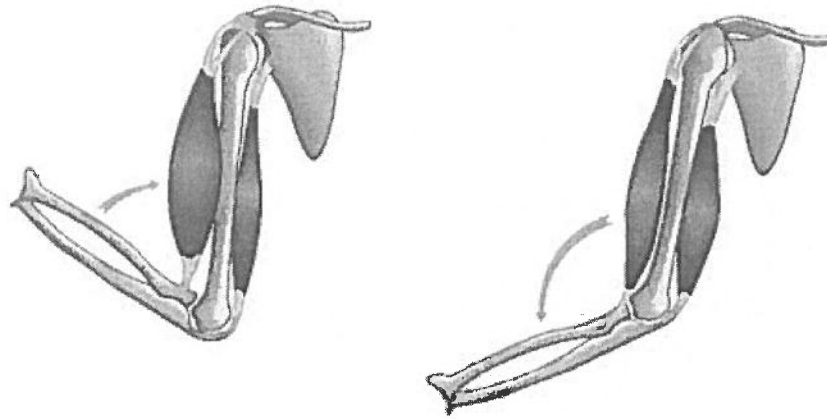
## Antagonistic pairs

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See page 17

Add labels and notes to the diagram below to explain how an antagonistic pair of muscles work together to cause movement at a joint.



Describe the role of the muscle acting as the agonist: .....

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Describe the role of the muscle acting as the antagonist: .....

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Explain, with a sporting example, why muscles work in antagonistic pairs at a joint to create movement.

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