

## Teacher's Key

Clue	Muscle	Proper Muscle Name	Suggested Location	Suggested Exercise
This muscle is the same shape as a dime, and <b>eye</b> use this muscle to tell time.	Eye	Orbicularis oculi	Hide behind clock	Blink eyes 10 times before opening the next clue
Don't get frustrated and backed against the wall, learning about muscles is not hard at all.	Upper back	Deltoid	Hang on the wall	Clasps both hands behind the back and pull up for 20 seconds before opening the next clue
You are already armed with a lot of knowledge about the muscular system, but you can always learn more. The opportunity is waiting at the door.	Front arm	Biceps	Hide on the front of the door	Raise your hand straight above your head, bend the elbow and hold this position for 20 seconds before opening the next clue
Your understanding of the muscular system is quite alarming, I must admit. But to get the next clue search for it at the exit.	Back arm	Triceps	Hide on the back of the door	Use your left hand to pull your right arm across your chest as tightly as you can. Hold it for 20 seconds to stretch your left tricep, then switch arms.
Now, buck up and do your best, The next clue is hidden like a treasure chest; The clue is here, where X marks the spot	Upper chest	Pectoralis major (pecs)	Write a huge X on the chalkboard and hide under the chalkboard	Go give someone a big bear hug. When you squeeze with your arms, you're flexing your pectoralis major.
To stomach the next clue, if you are able, take a good hard look around a table.	Abdominal (stomach)	Rectus abdominis (abs)	Table	Have a friend hold your feet while you do 5 sit-ups. This exercises your rectus abdominis.
Stretching before doing physical activities is not a <b>waist</b> of your day. You should always try to stretch if you can before you play.	Waist	Obliques	Hide under the waste basket or trash can	Twist your body from left to right for 20 seconds before opening the next clue
With your hands on your lap, you are touching this muscle; Go look on the teacher's desk. Come on, kids, hustle!	Thigh	Quadriceps (quads)	Teacher's desk	Squat down so that your knees are bent slightly; hold that position for 30 seconds and you will feel your quadriceps.
This muscle is a great cushion, butt it can get soar if you use it too much.	Butt	Gluteus maximus	Hide under chair	Sit on the floor and pull your knees into your chest to stretch your gluteus maximus.
This muscle is the name of a baby cow, Go look around the coatroom; check it out now!	Calves	Gastonemius	Coatroom, Cubbies	Stand on the edge of a stair step, with your goes on the step and your heels hanging over the edge. Lower your heels and hold the position for 20 seconds to stretch your gastonemius.
Your muscles will feel free when you stretch this place below your knee. Come out the dark and look for the next clue on something shiny.	Shin	Tibialis anterior	Hang on the light or something shiny	Sit on a chair and point your toes as far as you can. Hold it for 20 seconds to stretch your tibialis anterior.