#NCSconnects Summer Camp Activity

Activity: Arm Model

Category: STEAM

Suggested Grade Level: Grades 6+

Description: Build a model of a working arm to see how certain muscles help you move and pick objects up. Learn basic anatomy of the bones and muscles that make up your arm.

Supplies:
- Three (3) pieces of poster board (one 12”x11” and two 8”x11”)
- Marker
- Masking tape
- Large paper clip
- 2 long balloons
- Crayon or marker (optional)

Instructions:
1. Color your pieces of poster board a bone-like shade (if you would like).
2. Roll the two 8”x11” pieces, making them 8” long, and tape them together. These two pieces of cardboard will become your radius and ulna bones.
3. Roll the third piece of cardboard together, making it 12” long, and then tape it. This piece of cardboard will make your humerus bone.
4. Label each of these bones as described.
5. Straighten out the paper clip.
6. Use the long paper clip to pierce a hole through the humerus, about a half inch from the right end. Pierce a hole through the ends of the radius and ulna, too, about a half inch from the left end.
7. Place bones on the table with the humerus on the left, the radius on the upper right, and the ulna on the bottom right.
8. Line up the pierced holes, then thread the paper clip wire through the holes to create a joint. Make sure the paper clip is bent at each end to keep it from pulling out.
9. Tape over the sharp ends so you do not poke yourself or the balloons.
10. Partially inflate two long balloons, leaving a tail at both ends. These are your bicep and tricep muscles.
11. Tie the right end of the bicep balloon to the radius and ulna. You might want to tie it close to the elbow joint.
12. Tie the left end of the bicep to the top of the humerus.
13. Using the tricep balloon, tie the right end to the right side of the elbow joint.
14. Bring the balloon around the back of the elbow and tie the remaining loose end of the tricep to the top of the humerus.