

*I am* poem - muscle

Directions:

Write one stanza (at least 5 sentences) describing a part or event of muscle contraction. The first sentences will begin, "I am .....". The last sentence will be, "What am I?".

The objective is to describe a part, or a specific action of muscle contraction without giving the answer directly.

Here is an example:

I am composed of actin and myosin.

I have A bands and H zones.

I can expand and contract.

I am found between Z lines

What am I?

Now write your *I am* poem below.