

Name _____

Muscle Learning

What does it mean when we say that muscles can learn? It means that when we do a certain activity many times, the action becomes easier, sometimes almost automatic.

Do each of these exercises. Over the next three days practice the exercises and on the fourth day test yourself again. Is there any improvement? Record your results in the chart below. Think about why you got the results you did. Write your comments and observations on the back of this page.

Exercise	Before Practice	After Practice
1. Write your name ten times. Time yourself. Now write your name ten times backwards. Write the times in the before and after sections of the chart.		
2. On the playground stand with flat feet. Long jump as far as you can. Write the distance you jumped in the before and after sections of the chart.		
3. Lay one hand on a table. Ask a partner to hold up a ruler with one hand and hold a small pebble at the 8" (20 cm) mark with the other hand. Without warning, have your partner drop the stone. Count how many times out of ten tries you move your hand out of the way. Write your answers in the before and after sections of the chart.		
4. How long can you stand on one foot? Record the time in the before and after sections of the chart.		