

Writing in P.E.— Disciplinary Literacy with Muscle

WRITING PROMPT: Your bicep muscle is located on the front of your arm between your elbow and your shoulder. In weight lifting, it is used to curl the weight up to the head area and used in everyday activity to move furniture, to pick up a young child, or to scratch your head. Your writing assignment is to write as if you are the bicep muscle and explain what it would be like when you are being used all day long. Write in first person as if telling a story from the bicep's point of view.

STUDENT RESPONSE A:

I am the bicep. My location rests between your elbow and shoulder on the front part of your body. It gets hot under all of this skin and clothes. I have friends though; right below me is my best bud tricep and unfortunately we fight sometimes so, the humerus bone keeps us laughing. I love it when my human works on me. I know that they use me everyday to lift dirty laundry in that messy room of theirs and occasionally I am summoned by the capillary nerves to pick my humans' nose-yuck-..... Anyway, I love it when my human attempts a push-up or tries to bench (it's pretty pathetic....) but I love that my human tries. I have been getting bigger since my human was born. I have grown and can lift more and more each day.

So what is the downside to being a bicep. Well, sometimes I release acids that make my muscle structure hurt. For the most part, with some icy hot and a little rest I can repair myself. Everyone knows that bi means two but in bicep world we just say that bi means stronger. I hate my brother on the left and he hates me too. We constantly compete with who will get bigger and who will get more St. Ives moisturizer when our human goes to bed. We eat iron and proteins and can't stop working even if we wanted too!

Overall, being a bicep isn't so bad! We love our lives and just hope that you can live your lives with posterity and health. So try hard and when life gets hard try harder! We can do it together!

STUDENT RESPONSE B:

I wake up and feel movement. I have to curl to scratch my owner's head. Then I have to turn to get the shower on. I then have to move again to get the soap on. It's pretty silent on the bus to school, as he just sits there not doing anything. Then comes the part of the day where the work begins! First it's to get the books out of the bookbag and into the locker, then I must pick up the books for his next class. Then P.E., the wonderful world of P.E., where we go lift weights. The whole class I am working out and being used, it is a stressful 30 minutes but I feel a lot stronger after that, yet I'm really sore too. The rest of the day is pretty relaxing other than carrying the books to his next class and opening his Mac, and getting an itch. The life of a bicep is an exciting one, especially when you're a big bicep!

STUDENT RESPONSE C:

Another day, another long day. If it's not being solely responsible for this guy not to spill hot coffee all over his body in the morning, then it's picking something else up, for whatever reason. It's not easy being a bicep you know, all the contracting and retracting, and for what? So that some person can pick up something to eat? I don't see why humans can't lower their heads to the food like cats and dogs, those biceps have way less work.

Alright, I'm not giving much other muscles any credit by complaining like this all day, you know, it's bad being a bicep, but it's better than being something like the heart! Sheesh! At least other muscles aren't depending on me to keep them working alright.

Still, we biceps have got it pretty bad. The name's Thunder, I'm the sheriff, you may be familiar with my brother lightning? Yeah he's the deputy, we're twins actually, except for I'm bigger, but that's only because I'm on the overworked side. Everyone on this human's right arm is bigger than their twin. Most of us muscles, we got a twin, looks exactly like us, does the same thing. (That's excluding those guys like the heart, and the brain. They only got one of them.)

Anyway, like I was saying, not only am I the bicep, I'm the overworked one. I'm always the one that's picking things up, scratchin' the head, you know, the basics. By the end of the day, I'm exhausted. It really stinks being a bicep, by that I mean it *really* stinks, you know, being right next to the armpit, that just adds to the intense work I do everyday. You know, afternoon's the worst, rush hour. Up and down, up and down, shoveling food into the mouth. It's almost as bad at dinner and breakfast too, but you know, come lunch time, the sun's up, and stamina's down. Sorry for taking up all your time complaining about my problems, but I got to go. Moving day... Again.

STUDENT RESPONSE D:

Hello, I'm Mrs. Bicep. I'm located on the upper part of Shania's arm. I am used when she lifts weights, carries groceries, texts on her phone, does her hair/make up and lots of other things. She has to stretch before she does anything really active, because I could be torn or strained. She needs to eat healthy and get lots of protein, such as lean meats and grains. She also needs to drink water instead of soft drinks, so her muscles will stay strong.