

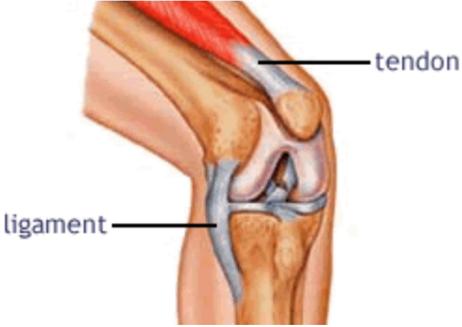
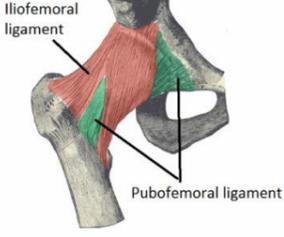
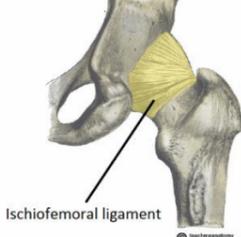
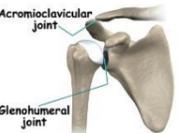
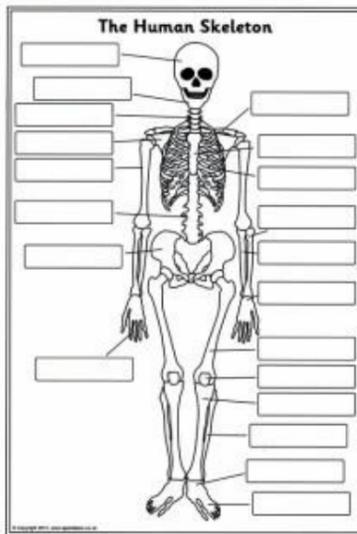
The Structure and Function of the Skeletal System

%	I can ...	Prove it!
	<p>Evaluate the importance of the varying functions of the skeleton in different activity areas.</p> <p>Evaluate the importance of varying movements at different joints in a range of sports.</p>	<p>1) Evaluate the different functions of the skeleton in:</p> <p>a) A team sport of your choice:</p> <p>b) An individual sport of your choice:</p> <p>2) Evaluate the importance of flexion and extension movements at the knee joint in a sport of your choice:</p> <p>3) Evaluate the importance of circumduction and rotation of circumduction in a sport of your choice:</p>
	<p>Apply examples of how the skeleton is adapted to its main functions.</p>	<p>1) Give a practical example from a sport of your choice of when the following functions of the skeleton are important:</p> <p>a) Support:</p> <p>b) Posture:</p> <p>c) Protection:</p> <p>d) Movement:</p> <p>e) Blood cell production:</p> <p>f) Storage of minerals:</p>
	<p>Apply knowledge of the movements at hinge and ball & socket joints to describe practical examples of these movements in different sports.</p>	<p>1) Give a practical example from a sport of your choice of the movements at the following joints:</p> <p>a) Extension at the knee joint:</p> <p>b) Flexion at the elbow joint:</p> <p>c) Abduction at the hip joint:</p> <p>d) Adduction at the shoulder joint:</p> <p>e) Rotation at the shoulder joint:</p> <p>f) Circumduction at the shoulder joint:</p>

Key Terms:

Synovial Fluid Synovial joints Skeleton Hinge Ball and socket
 Articulating Flexion Extension Abduction Adduction
 Rotation Circumduction Cartilage Ligaments Tendons



%	I can ...	Prove it!
<div style="color: green; font-weight: bold; font-size: 24px;">↑</div> <div style="color: green; font-weight: bold; font-size: 18px;">40%</div>	<p>Know examples of hinge and ball & socket joints.</p> <p>Describe the role of tendons, ligaments and cartilage in the body.</p> <p>Know the types of movement possible at hinge and ball & socket joints.</p> <p>Describe what a synovial joint is.</p> <p>Know what the articulating bones are in the knee, elbow, shoulder and hip joints.</p> <p>Describe the functions of the skeleton.</p>	<p>1) Where in the body can you find?</p> <p>a) A hinge joint b) A ball & socket joint</p> <div style="text-align: center;">  </div> <p>2) a) Label where cartilage is on the diagram above. b) Describe what parts of the joint the following connective tissue attach: i. Ligaments ii. Tendons c) What is the role of cartilage in the joint?</p> <p>3) What are the different types of movement possible at? a) Hinge joints: b) Ball & socket joints:</p> <p>4) What is the definition of a synovial joint?</p> <p>5) a) What does 'articulating' mean? b) Label the articulating bones in the joints below:</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  Knee joint </div> <div style="text-align: center;">  Elbow joint </div> <div style="text-align: center;"> <div style="margin-bottom: 5px;">Anterior</div>  Hip joint (label on either anterior or posterior) </div> <div style="text-align: center;"> <div style="margin-bottom: 5px;">Posterior</div>  Hip joint (label on either anterior or posterior) </div> <div style="text-align: center;">  Shoulder joint </div> </div>
<div style="color: green; font-weight: bold; font-size: 24px;">↑</div> <div style="color: green; font-weight: bold; font-size: 18px;">30%</div>	<p>Know the name and location of the major bones in the body.</p> <p>Know the two different major joint groups.</p>	<div style="text-align: center;">  </div> <p>1) Label the bones in the human skeleton above</p> <p>2) Name five bones in the upper body.</p> <p>3) Name five bones in the lower body.</p> <p>4) What is the largest bone in the human body?</p> <p>5) What is the name of the two major joint groups?</p>

