

%	I can ...	Prove it!
<p>70%+</p>	<p>Analyse how mechanical advantage can help sports players.</p>	<p>Describe three elite sports people who have mechanical advantage and why:</p> <p>1: 2: 3:</p> <p>How does mechanical advantage impact on sports performance? Give three effects:</p> <p>1: 2: 3:</p>
<p>60%</p>	<p>Apply knowledge of the location of the planes of movement in the body to practical examples from sport.</p>	<p>Give practical examples for when the following planes of movement are used in sport and physical activity: (See diagrams below for help)</p> <p>Frontal (also known as coronal): Transverse: Sagittal:</p> <p>Give practical examples for when the following axes of rotation are used in sport and physical activity:</p> <p>Frontal: Transverse: Longitudinal:</p>
<p>50%</p>	<p>Apply knowledge of the location of the axes of rotation in the body to practical examples from sport.</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Figure 1 - Subject in anatomical position with planes of motion</p> </div> <div style="text-align: center;"> <p>Figure 2 - Axes of Rotation</p> </div> </div>

Key Terms:

Frontal Transverse Sagittal Longitudinal
 Mechanical advantage Rotation



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 <p>40%</p>	<p>Know the three classes of lever and their use in physical activity and sport.</p> <p>Know the definitions and roles of the different muscles.</p>	<p>(A) Give at least one example of each type of lever in the body. (B) Describe a practical example from sport when each lever is used.</p> <p>1st class:</p> <p>2nd class:</p> <p>3rd class:</p> <p>1) Briefly describe the role of the following in a muscle movement:</p> <ul style="list-style-type: none"> i) Agonist ii) Antagonist iii) Fixator
 <p>30%</p>	<p>Know the name and location of the major bones in the body.</p> <p>Know the name and location of the major muscle groups in the body.</p>	<div data-bbox="1528 1181 1892 1715" data-label="Image"> <p>The Human Skeleton</p> </div> <p>1) Label the bones on the human skeleton above 2) Name five bones in the upper body. 3) Name five bones in the lower body. 4) What is the largest bone in the human body?</p> <div data-bbox="898 2071 1394 2487" data-label="Image"> </div> <p>Label the nine muscle groups.</p>

