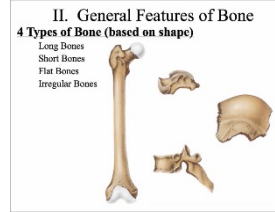


Functions of the skeletal system

'5' functions of the skeletal system: Bones Makes Moving Joints Possible (**B-M-M-J-P**)

Roles: Blood cell production, muscle attachment, mineral storage, movement, protection

Sporting examples: Applying the above to sporting situations



Bones and Joints

Bones: 206 bones make up the human body – only need to know 20

Bone classifications: Long, short, flat, irregular and impact on the body

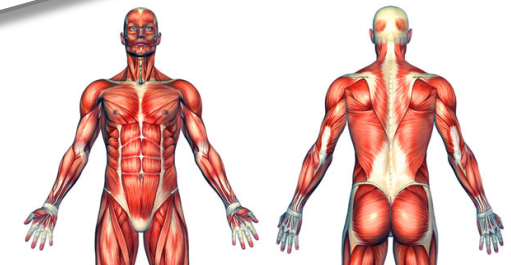
Vertebral Column: 7 sections split into Atlas, Axis, Cervical, Thoracic, Lumbar, Sacrum, Coccyx

Joint classification x4: Hinge, Pivot, Ball and Socket and Condyloid – where are they in the body

GCSE

Physical Education

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Movement at joints

Tendons, Ligaments and Cartilage: What are they and what is their role in the movements allowed at joints

Movements x8: Flexion, Extension, Adduction, Abduction, Rotation, Circumduction, Dorsi-flexion, plantar-flexion. Where in the body they occur and relate to a sporting action.



Muscle types

Cardiac: the muscles of the heart which aids in the transportation of blood around the body

Voluntary: directly linked to the movements of the skeleton

Involuntary: primarily engaged in the digestive process and during vascular shunting during physical activity