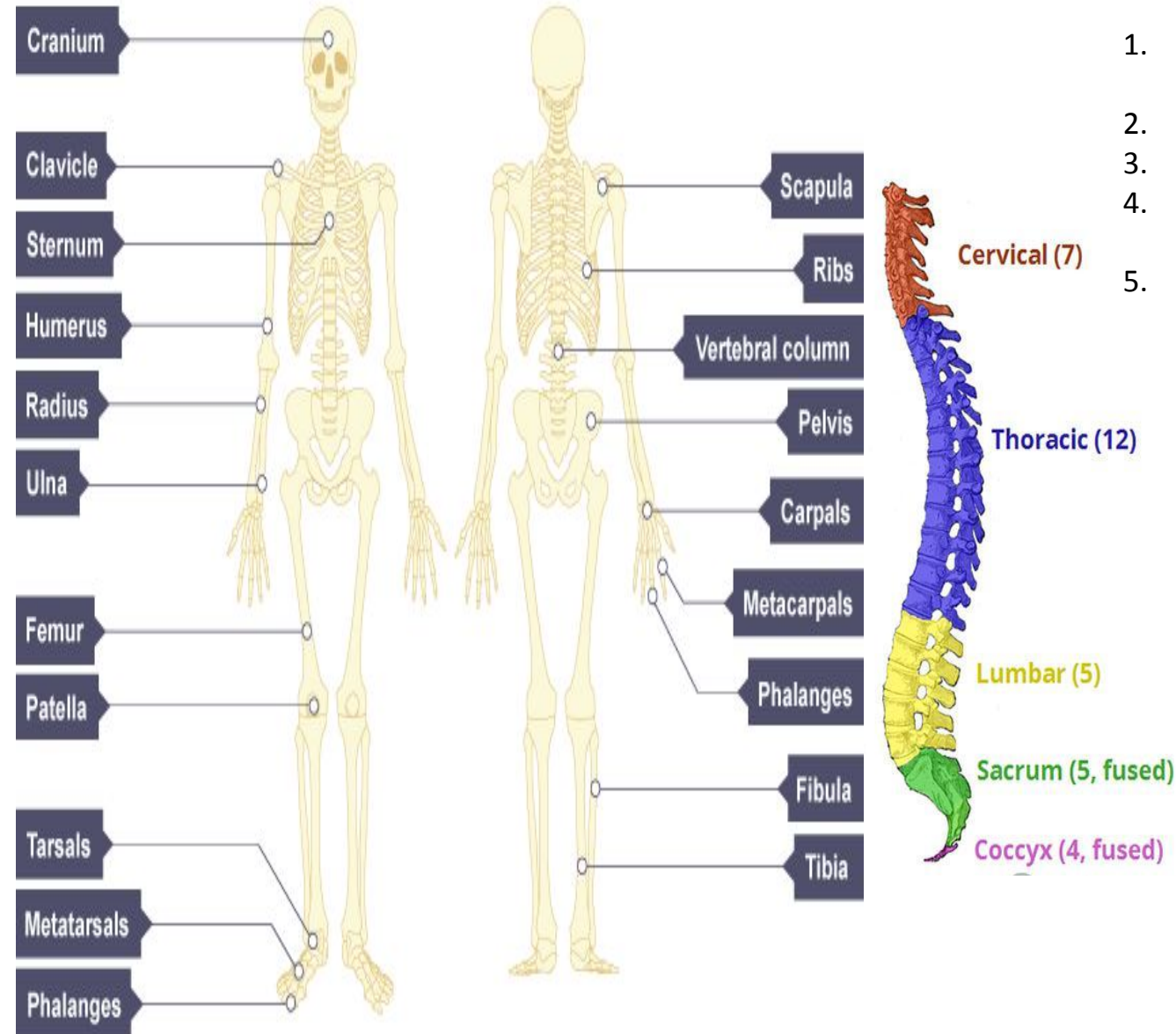




Skeletal System Year 11 GCSE PE



Key Knowledge



Key Functions

1. Protection of vital organs
2. Storage of minerals
3. Muscle attachment
4. Formation of joints for movement
5. Production of blood cells

Key Vocabulary

- **Circumduction**- movement in the shape of a cone
- **Rotation**- bone moves around its own axis at a joint
- **Extension**- angle at the joint increases
- **Flexion**- angle at the joint decreases
- **Adduction**- movement of a limb towards the midline of the body
- **Abduction**- movement of a limb away from the midline of the body
- **Dorsi-flexion**- pointing the foot upwards
- **Plantar-flexion**- pointing the foot downwards
- **Ligaments**- stretchy tissue connecting bone to bone

Key Terminology

Type of bone	Brief description
1. Short Bone	Are weight bearing and provide support for the body e.g. carpals
2. Long Bone	Aid movement by working as levers in the body
3. Flat Bone	Provide protection and a broad surface for muscles to attach to.
4. Irregular Bone	Provide protection and a place for muscles to attach to.

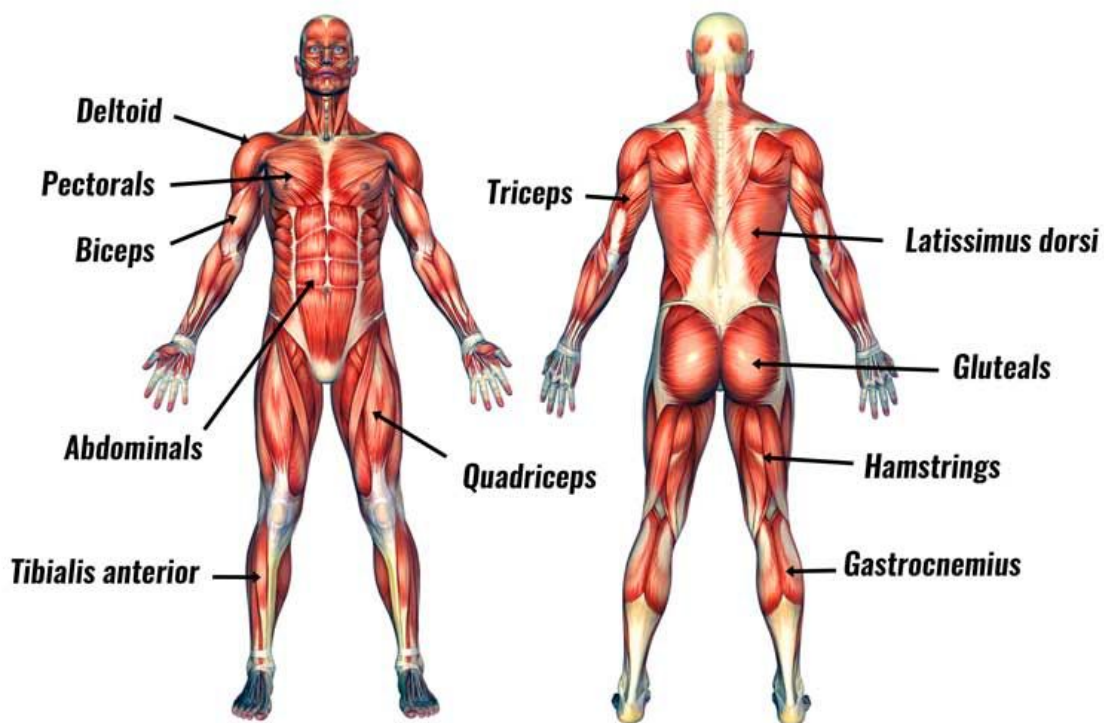
- **Ball and Socket joint**- located at the hip and shoulder
- **Hinge Joint**- located at the knee and elbow
- **Condyloid Joint**- located at the wrist
- **Pivot Joint**- located at the neck



Muscular System Year 11 GCSE PE



Key Knowledge



Key Functions

1. Protection of vital organs
2. Storage of minerals
3. Muscle attachment
4. Formation of joints for movement
5. Production of blood cells

Key Vocabulary

- **Circumduction**- movement in the shape of a cone
- **Rotation**- bone moves around its own axis at a joint
- **Extension**- angle at the joint increases
- **Flexion**- angle at the joint decreases
- **Adduction**- movement of a limb towards the midline of the body
- **Abduction**- movement of a limb away from the midline of the body
- **Dorsi-flexion**- pointing the foot upwards
- **Plantar-flexion**- pointing the foot downwards
- **Ligaments**- stretchy tissue connecting bone to bone

Key Terminology

Type of muscle	Brief description
Skeletal Muscl	Are weight bearing and provide support for the body e.g. carpals
Smooth Muscle	Aid movement by working as levers in the body
Cardiac Muscle	Provide protection and a broad surface for muscles to attach to.
	Provide protection and a place for muscles to attach to.

- **Ball and Socket joint**- located at the hip and shoulder
- **Hinge Joint**- located at the knee and elbow
- **Condylloid Joint**- located at the wrist
- **Pivot Joint**- located at the neck