

Synovial joints

Learning Objectives:

Mr Bone

To be able to identify the main two types of joint in the human body.

To know the structure of synovial joints. (5-6) (AO1)

To be able to explain the role of each part of a synovial joint (6-7) (AO2)

DEFINE/IDENTIFY
(AO1)

Key Terms

Joint

A place where two or more bones meet.

Hinge Joint

Examples of a hinge joint in the human body include

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-
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Ball and socket joint

Examples of a ball and socket joint in the human body include

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Synovial Joint

EXAM QUESTION (2 Marks)

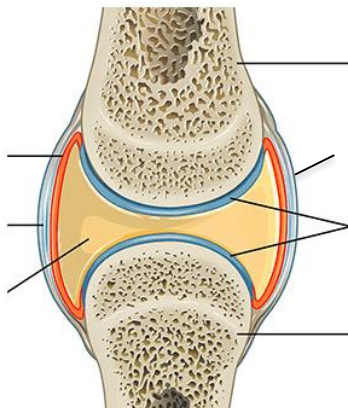
Outline how **two** of the features of the shoulder joint aim to prevent injury occurring

APPLY IT!



Synovial Joints

Task: Label the synovial joint



Final task: Using PlayDoh create and label a synovial joint without the use of your notes

Rapid Recall: List the bones that articulate at each of the joints

Elbow:
Shoulder:
Knee:
Ankle:
Hip:

You must be able to explain how each part of the synovial joint helps reduce the risk of injury

Structure	Function
Cartilage	
Synovial Membrane	
Synovial Fluid	
Capsule	
Ligaments	
Bursae	
Tendons	

(4-5) AO1

(6-7) AO2

Movements at Freely Moveable Joints

Learning Objectives:

Mr Fearn

To know the names of the movements available to the body (5-6) (AO1)

To understand what movements take place at specific joints (6-7) (AO2)

To be able to analyse sporting movements with reference to the movement taking place (8-9) (AO3)

DEFINE/IDENTIFY (AO1)

Key Terms

Flexion

Movement where the angle between bones reduces.

Extension

Movement where the angle between bones increases.

Abduction

Movement where limbs are moved away from the midline of the body.

Adduction

Movement where limbs are moved towards the midline of the body.

Rotation

Turning a limb along its long axis.

Circumduction

The circular movement of a body part. A combination of flexion, extension, abduction and adduction.

Plantar flexion

Movement at the ankle joint where the toes are pointed towards the ground

Dorsi flexion

Movement at the ankle joint where the toes are pulled up towards the knee

Movements at Joints



Task: Identify the movements that can take place at each joint

Elbow Joint

Knee Joint

Shoulder Joint

Hip Joint

Ankle Joint



Analysis of sporting movements

Identify the movement taking place at the specific joint/s for each of the sporting examples

Backstroke in swimming



Shoulder Joint

Knee Joint

Netball shooter



Ankle Joint

Elbow Joint

Rowing



Elbow Joint

Shoulder Joint

Left leg during football kick



Hip Joint

Shoulder Joint

(4-5) AO1

(6-7) AO2

(8-9) AO3