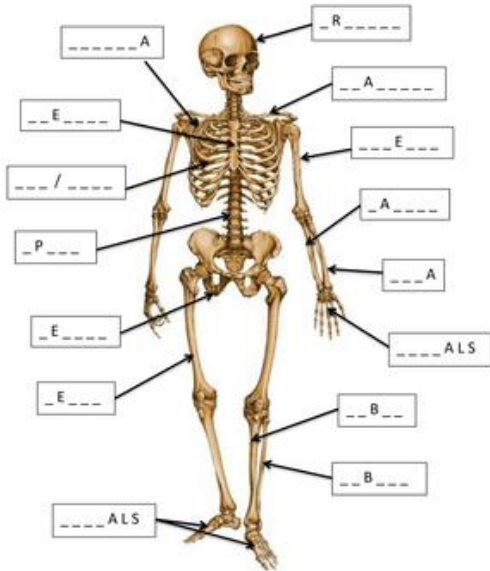


LABEL THE HUMAN SKELETON



CARPALS	PELVIS	ULNA	FEMUR	SPINE
RIB CAGE	CRANIUM	SCAPULA	TIBIA	
TARSALS	RADIUS	CLAVICLE	FIBULA	
HUMERUS	STERNUM			

Identify and explain the 4 different types of bones

Type of bone	Example bone	Function in sport
Long	Femur; humerus	Muscle - to generate strength and speed
Short	Carpals; tarsals	Support a load - spreading load
Flat (Plate)	Ribs; scapula	Protection of vital organs, attachment of muscles to help movement
Irregular	Vertebrae	Provide support, protection

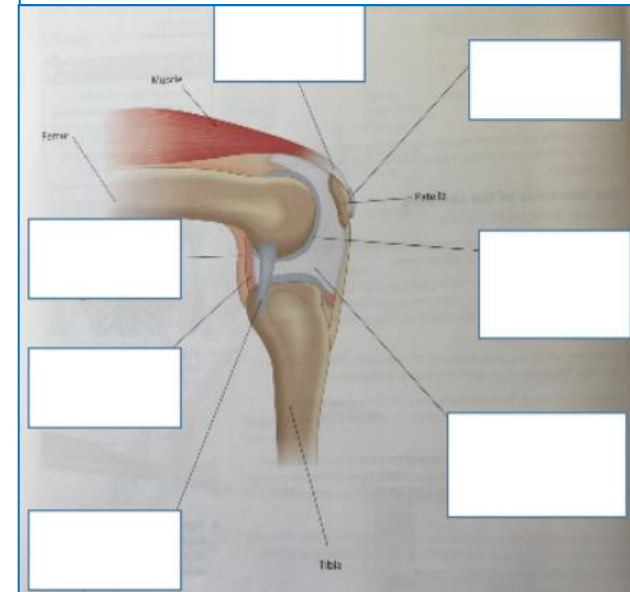
The skeletal system

Functions of the skeletal system

- Support
- Protection of vital organs by flat bones
- Movement
- Provides storage
- Blood cell production.

Synovial joints:

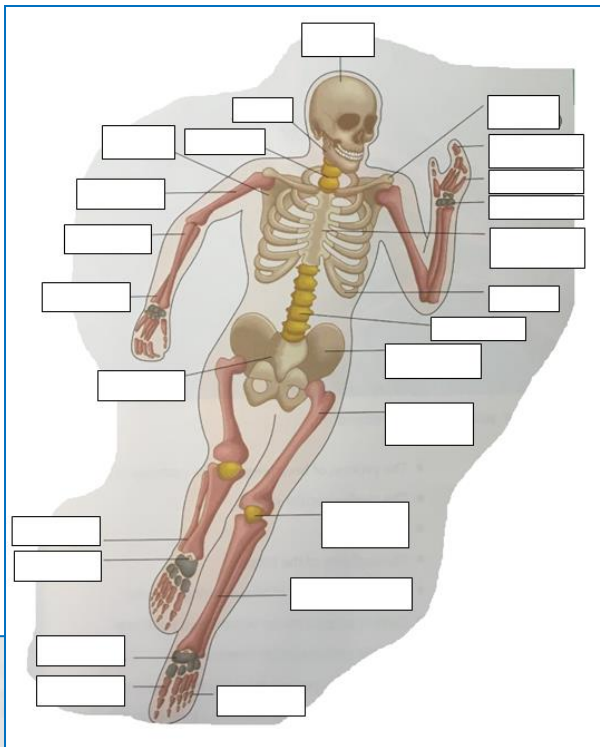
These are the most common joints in the body. Label the diagram below:



Challenge task:

Can you explain the function of each of the parts of the synovial joint? Can you link it to sporting performance?

Diagram	Where is it found?	Type of movement	Sporting example
Ball and socket joint	Shoulder, Hip	Flexion, Extension, Abduction, Adduction, Rotation	Baseball, Soccer
Ball and socket joint	Shoulder, Hip	Flexion, Extension, Abduction, Adduction, Rotation	Baseball, Soccer



Identify and explain the 4 different types of bones

Type of bone	system	Function in sport
	_____	_____
	_____	_____
	_____	_____
	_____	_____

Functions of the skeletal system

Explain the 6 functions of the skeletal system

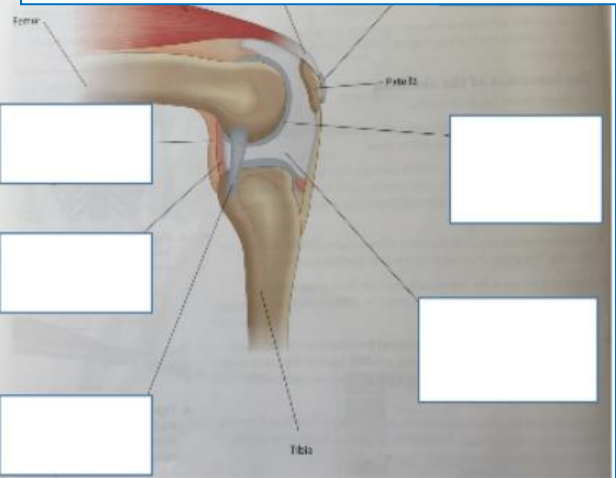
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Synovial joints:

These are the most common joints in the body.

Synovial joints:

These are the most common joints in the body. In the box below draw and label a synovial joint.



Where is it found?

Type

Where is it found?

Type

Joint

_____ and

Challenge task:

Can you explain the function of each of the parts of the synovial joint? Can you link it to sporting performance?

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Challenge task:

Can you explain the function of each of the parts of the synovial joint? Can you link it to sporting performance?