

## Topic Overview

Subject: Physical Education

Year Group: 10/11

Topic: 1.1 Musculoskeletal System



### What BIG IDEAS will you cover in this topic?

In this unit you will develop an understanding of the musculoskeletal system that builds on the knowledge developed in year 7, 8 & 9. You will learn to answer questions related to the final test and link them to other systems in the body.

### What other key concepts, knowledge and skills will you learn in this topic?

You will learn the location of bones and muscles within the body as well as the movements that are made at the different joints. You will then understand how planes and axes help to produce movement.

### What important prior knowledge will you use from your prior learning?

Reference to the structure and function of the skeletal and muscular systems from KS3 theory lessons.

### Assessment:

#### How and when will you be assessed on this topic?

Students will be assessed through the mock exam process in December of year 10. This will cover units 1.1 and 1.2 with a range of questions from each topic.

### Where does this topic fit into the curriculum plan for this subject?

This is the first topic within the curriculum and provides the foundations of the knowledge required for GCSE PE.

### What will the success criteria be?

All questions are taken from the AQA Exampro website and as a result the success criteria will be the GCSE mark scheme.

### What is the key vocabulary that you will need to know in this topic?

- Fulcrum, Effort & Load
- Transverse, Sagittal & Frontal
- Synovial Membrane & Synovial Fluid
- Cartilage, Bursae.
- Humorous, Femur, Gastrocnemius & Deltoid

### What is the structure of learning/lessons in this topic?

- 1.1a Location of Bones
- 1.1b Skeleton, Joints & Movements
- 1.1c Synovial joint
- 1.1d Muscles & Antagonistic Pairs
- 1.1e Lever systems
- 1.1e Planes & Axes of movement

## Muscles and Bones

