



Topic Overview
 Faculty/Subject: V-CERT PE
 Year Group: 10/11
Topic: Skeletal System



What BIG IDEAS will you cover in this topic?

- ★ In this unit you will develop an understanding of the Skeletal 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?

- ★ Students will learn how to identify the different bones, functions and joints found in the skeletal system
- ★ They will be able to describe the functions in relations to sporting examples
- ★ They will be able to apply their knowledge of the different topics to health and fitness examples.

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

- ★ Reference to the structure and function of the skeleton covered in KS3 theory lessons.

Assessment:

How and when will you be assessed on this topic?

- ★ You will be assessed through home learning tasks each week, during silent starters and during regular questioning within lessons.

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

- ★ Creates the foundations which other topics will then build on. For example the different bones in the body will link to both the Muscular System and respiratory system topics.

What will the success criteria be?

To be secure in this topic you need to have a good knowledge and understanding of the subjects covered and be able to apply them to health and fitness activities.

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

- ★ Axial & Appendicular skeleton
- ★ Functions; Shape, Support, Movement, Protection, Storage of minerals, Blood cells production
- ★ Posture
- ★ Synovial joints; Pivot, Condylod, Hinge, Ball & socket, gliding, saddle.

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

- ★ The structure of the skeletal system
- ★ The functions of the skeletal system
- ★ The types of bones
- ★ The types of joints & Joint actions
- ★ Structure of a synovial joint
- ★ Structure of the spine & Posture

- ★ Fixed Joint
- ★ Slightly Moveable Joints
- ★ Postural Changes

