



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



What BIG IDEAS will you cover in this topic?

- ★ In this unit you will develop an understanding of the muscular 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 muscles, different types of muscle movement and muscle fibre types
- ★ They will be able to describe how the muscles can affect performance and link the different muscle contractions to sporting examples.

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

- ★ Making links with bones, joints and joint actions from the skeletal system as well as any current knowledge of theory covered in KS3.

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 muscles in the body will link to both the health and fitness aspects of all topics..

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

- ★ Smooth, Cardiac and Skeletal muscle
- ★ Different muscle names and locations(17 of them)
- ★ Antagonistic pairs; agonist, antagonist, origin & insertion
- ★ Fast & Slow twitch muscle fibres
- ★ Isotonic Muscle contractions: eccentric and concentric

- ★ Isometric Muscle contractions

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.

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 structure of learning/lessons in this topic? ★ Types of Muscles

- ★ Location of Muscles
- ★ Antagonistic Pairs
- ★ Types of muscle contractions
- ★ Muscle Fibre types