



What BIG IDEAS will you cover in this topic? In these units, students will develop an understanding of the musculoskeletal system that builds on the knowledge developed in Years 7, 8 & 9. They will learn to answer questions related to the final test and link them to other systems in the body.	What other <u>key concepts, knowledge and skills</u> will you learn in this topic? Students will learn the locations of bones and muscles within the body, as well as the movements at the different joints. They will then understand how muscles work in pairs to create contractions.
What important <u>prior knowledge</u> will you use from your prior learning? Reference to the structure and function of the skeletal and muscular systems from KS3 theory lessons. Where does this topic fit into the <u>curriculum plan</u> for this subject? This is the first topic within the KS4 journey and provides the foundations of the knowledge required for V-Cert PE.	Assessment: How and when will you be assessed on this topic? A mini topic assessment will be given at the end of each unit. Further mock exams in November and June of Year 10 will test students' knowledge across a range of topics. What will the success criteria be? All questions are taken from previous exam papers, and as a result the success criteria will be the V-Cert mark scheme.
What is the key <u>vocabulary</u> that you will need to know in this topic? • Synovial Membrane & Synovial Fluid • Cartilage, Bursae • Humorous, Femur, Gastrocnemius & Deltoid • Biceps, Triceps, Sternocleidomastoid • Antagonistic pairs • Posture	What is the structure of learning/lessons in this topic? • Structure & Function of the skeletal system • Types of bones & joints • Joint actions • Structure of joints including the spine • Structure & function of the muscular system • Antagonistic pairs • Muscle fibre types and contractions

Muscles and Bones

