







PE Autumn Term 1 – Skeletal system

Section A: Key vocabulary	
Tier 3 Vocabulary	Definition of types of movement
Flexion	bending movement (decreases angle)
Extension	Straightening movement (increase angle)
Abduction	Moving away from midline of the body
Adduction	Moving towards the midline of the body
Rotation	Rotation around a joint or axis
Circumduction	Flexion/extension Abduction/adduction
Plantar Flexion	Pointing the toes downwards
Dorsi Flexion	Pointing the toes upwards
Tier 2 Vocabulary	Definition
Identify	Name the key point
Describe	Recall facts, events or process in an accurate way.
Explain	Make something clear, or state the reasons for something happening
Evaluate	Using the information to consider for/against when making a judgement

Section B:

The functions of the skeleton:

- 1. Protection of vital organs**
Cranium protects the brain when heading a ball 
- 2. Muscle attachment**
Bones provide anchors for muscles to attach. 
- 3. Joints for movement**
Bones act as levers to create movement. 
- 4. Platelets**
Platelets clot blood when we are cut to stop the bleeding. 
- 5. Blood cell production**
Red blood cells carry oxygen
White blood cells fight infection. 
- 6. Store calcium & phosphorus**
Calcium and Phosphorus is stored in the bones to keep them strong. 

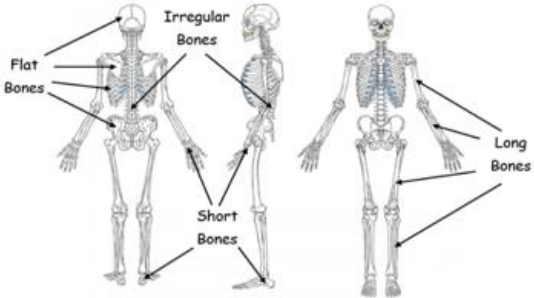
Classification of bones:

Long bones act as levers so we can move. Examples are the humerus, ulna and femur.

Short bones are important for weight bearing and to absorb shock Examples are the carpals and tarsals.

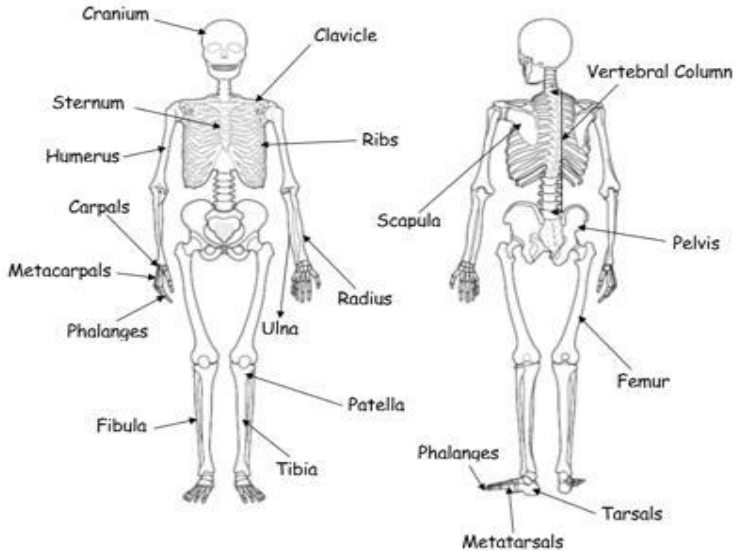
Flat bones usually protect organs. Examples are the ribs, pelvis and scapula.

Irregular bones have odd shapes and perform a range of functions. Examples are the bones of the vertebrae.




Section C:


Structure of the skeleton:



The role of ligaments and tendons:



A ligaments main function is to join bone to bone. Ligaments help stabilise joints and prevent dislocation.



Tendons attach muscle to bone. Tendons help provide powerful movements such as kicking, jumping and

Vertebral column:

