



**The John Roan School
Sixth Form**

The best in everyone™
Part of United Learning

**Year 11 Bridging Work for
BTEC Sport**

The skeletal and muscular systems

Key resources:

Online: <https://11qcsepe.weebly.com/year-11.html>

You must log into 'The everlearner' for tasks.

Work will be emailed by Ms Mann



Complete (Workbook)

Read about fixed, slightly moveable and moveable joints by completing the section in the booklet that's been emailed to you.

Now complete a diagram of a synovial joint (the knee)

Resource in workbook

Time: 30 mins



Read

Go online and read about some skeletal injuries that have been experienced by some of your favourite sportsmen and women.

What skeletal injuries are common and what is the treatment required?

What can athletes do to reduce their risk to skeletal injuries?



Watch

Watch online the London 2012 performances from Usain Bolt and Mo Farah in preparation for work on muscle fibre types next week.

Consider the different muscle fibre types required in these two different types of performances.

If you want to get ahead: Complete the 9 mark question.



Complete (in workbook that was emailed)

Complete diagrams using the internet or resources located here:

<https://11qcsepe.weebly.com/year-11.html>

(Unit 1: anatomy and physiology)

- Describe the make-up and role of both the axial and appendicular skeleton,
- Include the major bones
- Describe the 5 functions of the skeleton.
- Label the vertebra and
- Name the 5 type of bones.

Time: 45 minutes



Watch (online T-E-L)

Watch Three videos in the 'joints for movement' section:

Types of joints

Structure of joints
Movement patterns
These are all on 'the everlearner'.

Makes notes in the 'make notes section'.

Time: 45 minutes



Complete checkpoint 1 assessment online. (T-E-L)

We will see your score so do your best!

You can spend as long as you need in 'practice mode' before completing checkpoint 1.



Complete:
Label the muscles in the muscular system.

Identify 4 antagonistic pairs

Identify the features of:

- Cardiac
- voluntary and
- involuntary muscles

Resource:

Online: <https://11qcsepe.weebly.com/year-11.html>

Look through Unit 1 PPT.



Watch (online T-E-L)

Watch the 3 videos about the structure of the skeletal system and bones and bone growth on: 'the everlearner':

You will need to ensure you can log into the software: if you cannot email: Daniel.garvey@thejohnroanschool.org.uk

Link: [Log into the everlearner](#)

Time: 40 mins



Complete (online T-E-L)

Complete the questions in 'practice mode' about the different joints and movements they permit.

movements they permit.

- The shoulder
- The elbow and wrist
- The Hip
- The Knee and ankle
- The core and trunk

Time: 25 minutes



Complete

(in workbook that was emailed)

'Explain' the adaptations to exercise experienced by the skeletal system.

- Increased mineral content.
- Thickening of the hyaline cartilage.
- Slight stretch of ligaments.
- Increased bone density.
- Reduction in the chance of bone diseases.

Any questions/ concerns please email: Ms Mann

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