

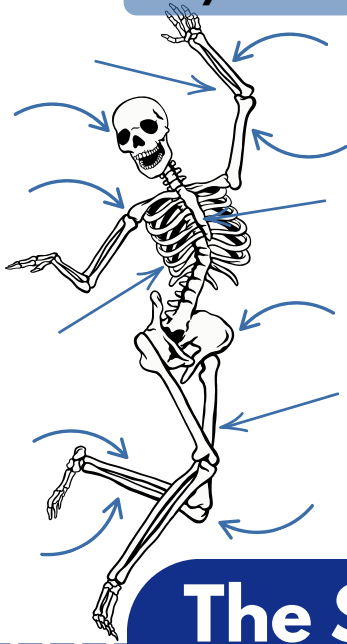
# IDENTIFY



Circle the key terms below that you are familiar with.

- Circumduction
- Joint
- Adduction
- Skeletal
- Dorsi-flexion
- Cartilage
- Abduction
- Tendons
- Ligaments
- Flexion
- Extension
- Plantar-flexion

Identify the bones of the body below.



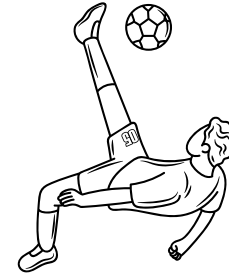
# DESCRIBE

Using the key terms (from the identify section), describe key content below.



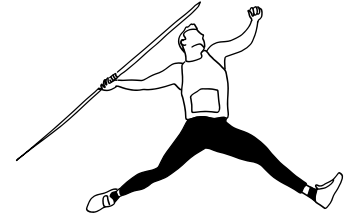
Describe the movement at the elbow during a Bicep curl.

\_\_\_\_\_



Describe the movement at the knee during a kick in Football.

\_\_\_\_\_



Describe the movement at the shoulder for a Javelin throw.

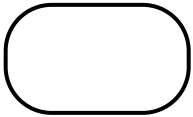
\_\_\_\_\_

## The Skeletal System

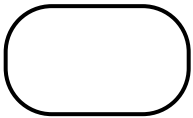
Edexcel GCSE PE

# DEFINE

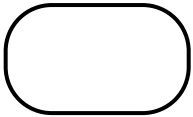
Select 3 key terms from above & define them.



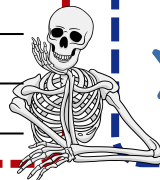
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# APPLY



Apply your knowledge of content to sporting examples.



Protection - The \_\_\_\_\_ protects the \_\_\_\_\_ during a rugby tackle, reducing the risk of \_\_\_\_\_.



Movement - The \_\_\_\_\_ joint in the shoulder allows a swimmer to perform a full arm \_\_\_\_\_ during the front crawl.



Support and Shape - The \_\_\_\_\_ column helps maintain an upright posture in gymnastics.



Blood Production - \_\_\_\_\_ blood cells made in the long bones carry \_\_\_\_\_ to muscles during long-distance running.

