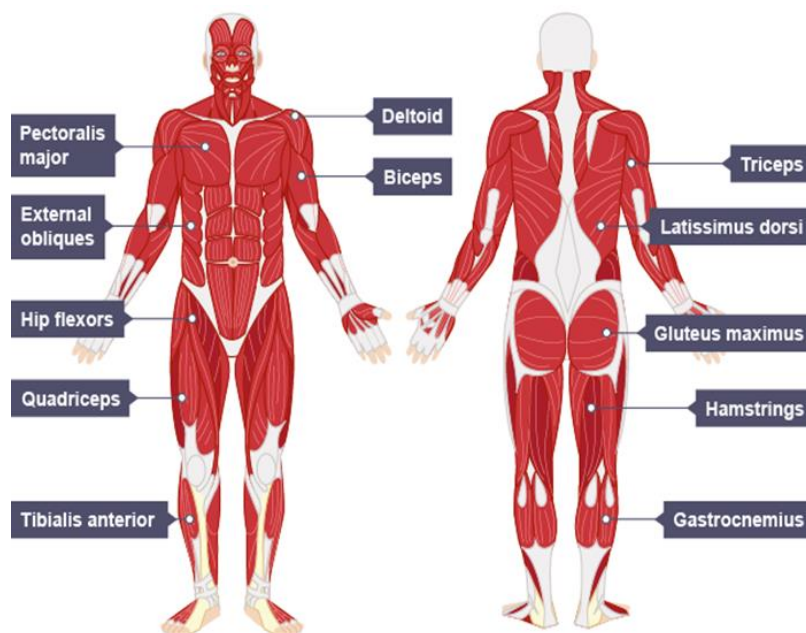
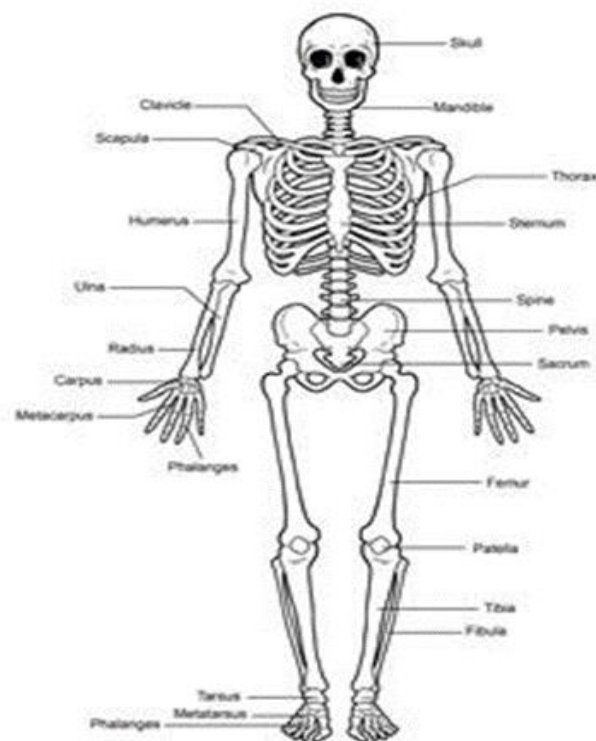




Physical Education

Yr7 Skeletal and Muscular System *Spring I*

	Test	Purpose/How to compete it
1	Structure	How something complex is put together
2	Tendons	Fibrous tissues that join bone to muscle
3	Ligaments	a strong tissues that connects bones to bone.
4	Long Bone	These are bones that are longer that they are wide
5	Short Bone-	These are roughly the same size in length and thickness
6	Flat Bone-	These protect organs
7	Irregular Bones	These are odd shapes and perform special function.
8	Smooth Muscle	found in the internal organs and blood vessels - this is involuntary
9	Cardiac Muscle	found only in the heart - this is involuntary
10	Skeletal Muscle	attached to the skeleton - this is voluntary



"A joint is where 2 or more bones meet"

Different types of joints:

- **Pivot** eg: wrist or neck
- **Hinge** eg: elbow
- **Ball and socket** : pelvis
- **Condyloid** : wrist

The skeleton – this includes all the bones in the body.

The main function of the bones is

- Create movement, stability, posture and protection
- Protection of vital organs include your ribs protecting the internal organs, including the heart.
- Muscle Attachment is muscles you use in sport need strong points to attach to.
- Joints for movement this is the point where bones come together to form joints.
- This allows for movement.

MUSCULAR FUNCTION:

This system is mainly concerned with producing movement through muscle contraction. This section explores the different types of muscles in our body and their involvement in sporting activities.

Involuntary muscles are not under our conscious control which means we can't make them contract when we think about it.

Voluntary muscles are under our conscious control so we can move these muscles when we want to.