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| **Y7 Theory – Musculo skeletal system** | **Unit Navigator** | | | |
| In this unit you will develop a knowledge and understanding of the skeletal and muscular systems, the location of bones and muscles and how they produce movement.  **LG1**: Knowledge  **LG2**: Application  **LG3**: Skills | | | | |
| Assessment Grades |  | | | |
| **Lesson Title.** | **Learning Goals/Outcomes/Content** |  |  |  |
| **1. Major bones and their functions** | LG1 - To know the major bones of the body and be able to label a skeleton  LG1 - To know the functions of the skeleton  LG2 – to apply the functions to practical situations and give examples. |  |  |  |
| 2.  **Classification of joints and movement** | LG1 - To know the different joint classifications  LG1 - To know how to define a joint  LG2 – To apply the knowledge of joints to give examples of synovial joints  LG2 – To apply the different types of movements to give examples of how they are used during sporting movements. |  |  |  |
| **3. Major muscles and how they contract** | LG1 - To know and label the voluntary muscles in our body  LG2 - To apply knowledge of how muscles work to explain the term ‘antagonist pair’ and provide examples |  |  |  |
| 4.  **How the skeletal and muscular system work together to produce movement** | LG1 – To know the different types muscular contractions  LG2 - To apply this knowledge to explain the difference between the  types of contraction  LG3 – To demonstrate an understanding of the major joints in the body and explain how they produce sporting actions. |  |  |  |
| **5. Test Completion** | LG3 – To demonstrate a knowledge of the skeletal and muscular systems to complete an end of unit test. |  |  |  |

**Links:**

LG1: Basic knowledge of skeletal and muscular systems, the location of bones and muscles and how they produce movement.

LG2: Applying the basic knowledge of the key topics to specific sporting examples helps with a greater understanding and developing higher exam answers.

LG3: Being able to demonstrate knowledge of the key topics allows for evaluation, comparison and analysis.