
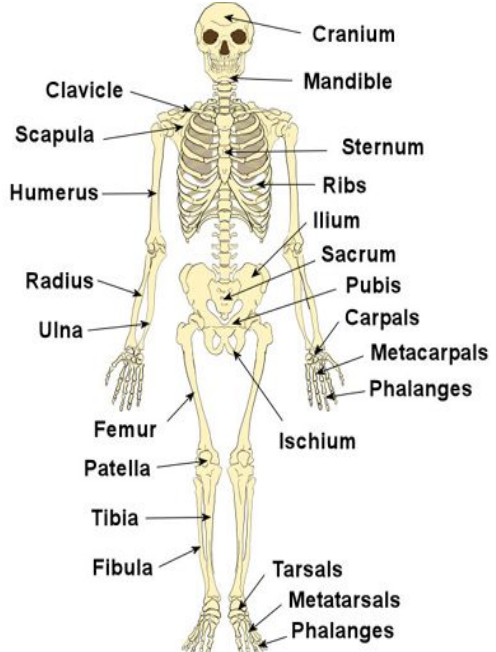


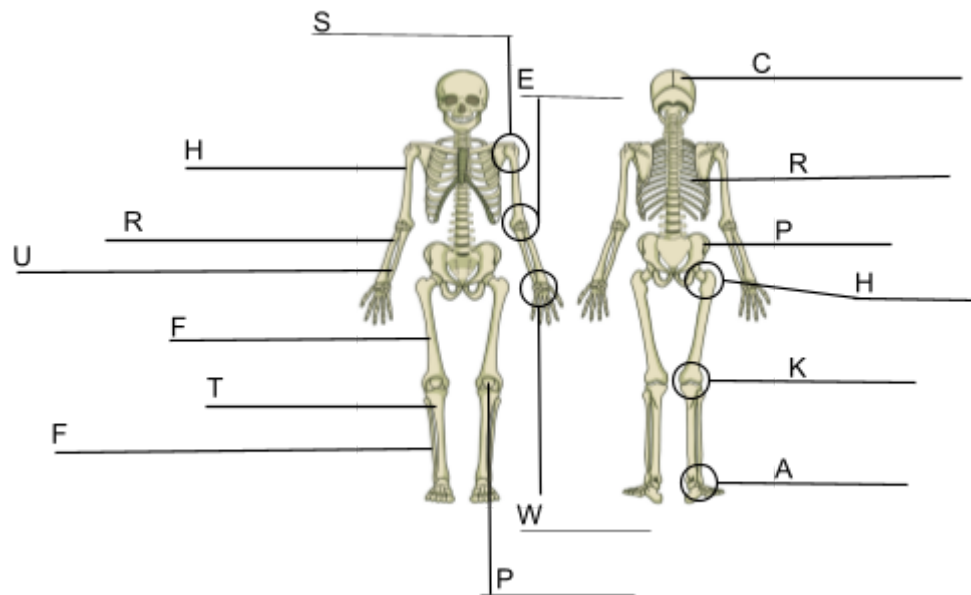
## Year 7 Personal Learning Checklist (PLC)

Subject: Physical Education		Assessment Area 1: Knowledge & Understanding	Topics: Anatomy & Physiology / Safety in Sport
Autumn	<p>Muscle identification –</p> <ul style="list-style-type: none"> <li>Biceps (elbow flexion - shooting in basketball [preparation]),</li> <li>Triceps (elbow extension - shooting in basketball [execution]),</li> <li>Gastrocnemius (ankle plantar-flexion - point toes in trampolining),</li> <li>Tibialis Anterior (ankle dorsi-flexion - downward phase of a squat),</li> <li>Hamstrings (knee flexion - kicking a football [preparation]),</li> <li>Quadriceps (knee extension - kicking a football [execution]),</li> <li>Abdominals (hip flexion/extension - sit-ups/crunches)</li> </ul> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Static stretching: Muscles are held in a stretched position (lengthening) for up to 30 seconds (e.g. standing and holding the foot behind your body to stretch the quadriceps)</p> <p>Dynamic stretching: Muscles are moving whilst stretching (e.g. heel flicks to stretch out the quadriceps)</p> </div>	<p>Joints of the body –</p> <ul style="list-style-type: none"> <li>Hip (ball &amp; socket - flexion, extension, abduction, adduction, rotation),</li> <li>Shoulder (ball &amp; socket - flexion, extension, abduction, adduction, rotation),</li> <li>Elbow (hinge - flexion, extension),</li> <li>Knee (hinge - flexion, extension)</li> </ul> <div style="text-align: center; margin-top: 10px;">  <p>Hinge                      Ball-and-Socket</p> </div>	<p>Bones of the body –</p> <p>Humerus, Radius, Ulna; Femur, Patella, Tibia, Fibula</p> <div style="text-align: center; margin-top: 10px;">  </div>
	Knowledge of technique - how to perform the skill; to reduce injury risk	Knowledge of dangers - appropriate behaviour for the activity; to spot dangers; risk assess e.g. broken apparatus/equipment	Knowledge of rules - understand what is and is not allowed; to play by the rules for the safety of self and others
	Specialist clothing - helmets/pads/shin guards/mouth guards; to protect certain parts of the body	Jewellery - removal/tape/cover jewellery; to reduce injury risk Hair/head scarves - covered or tied back; tucked in; to allow full visibility at all times	Correct clothing - trainers vs studded footwear; to meet the demands of the surface

## REVISION TASK

### The Structure and Functions of the Musculoskeletal System

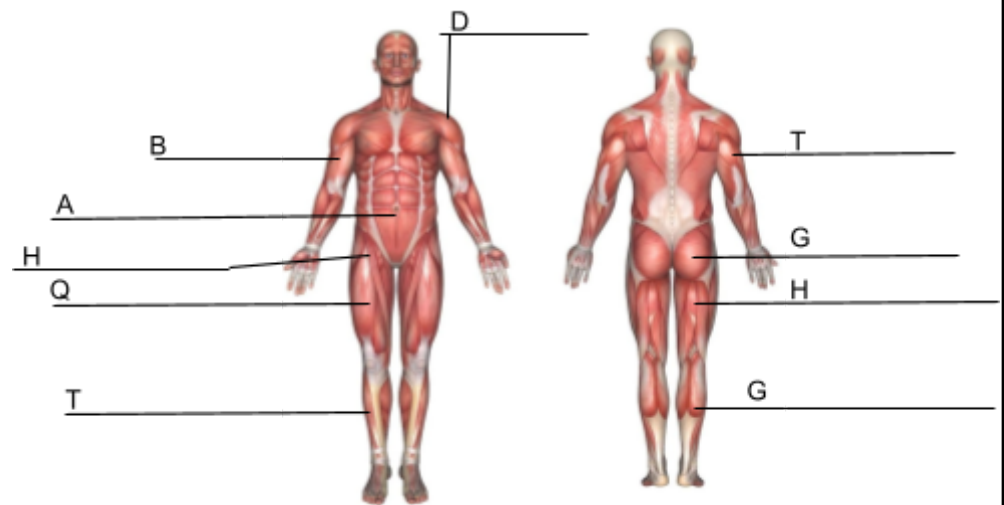
Identify the 10 bones and 6 joints (circled) on the skeleton below.



**Answer Bank:**

Radius, Wrist, Ulna, Femur, Tibia, Shoulder, Patella, Ankle, Elbow, Cranium, Humerus, Rib Cage, Pelvis, Hip, Fibula, Knee

Identify the 10 muscles on the skeleton below.



**Answer Bank:**

Triceps, Abdominals, Tibialis Anterior, Deltoid, Gastrocnemius, Quadriceps, Gluteals, Hip Flexor, Hamstrings, Biceps