
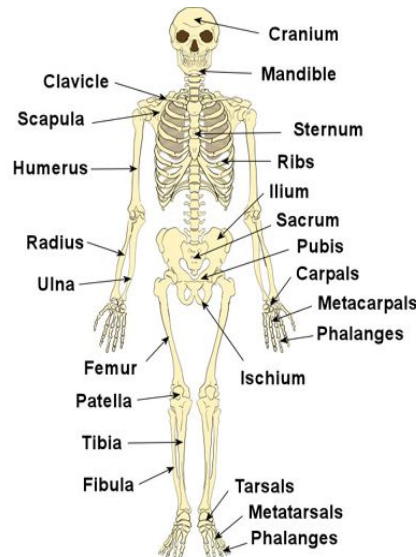


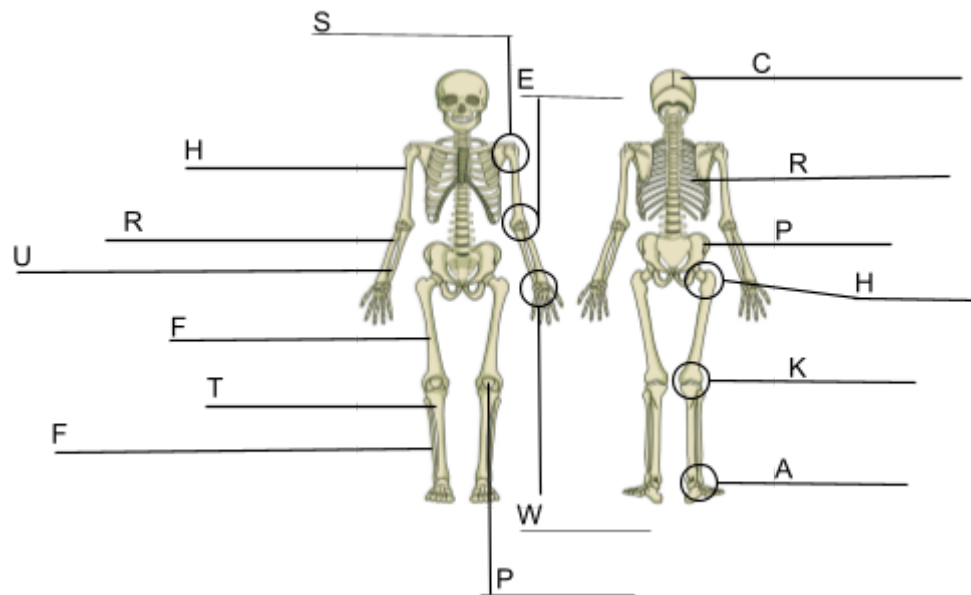
Year 9 Personal Learning Checklist (PLC)

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"> • Biceps (elbow flexion - shooting in basketball [preparation]), • Triceps (elbow extension - shooting in basketball [execution]), • Gastrocnemius (ankle plantar-flexion - point toes in trampolining), • Tibialis Anterior (ankle dorsi-flexion - downward phase of a squat), • Hamstrings (knee flexion - kicking a football [preparation]), • Quadriceps (knee extension - kicking a football [execution]), • Hip Flexors (hip flexion - high knees [leg lift]), • Gluteals (hip extension - high knees [leg lower]), • Hip Adductors (hip adduction - toward [sidesteps/star jumps]), • Hip Abductors (hip abduction - away [sidesteps/star jumps]), • Deltoid (shoulder flexion - raise arm to receive a pass), • Latissimus Dorsi (shoulder extension - lower arm to waist [seat landing]), • Pectorals (shoulder adduction - press ups), • Abdominals (hip flexion/extension - sit-ups/crunches) 	<p>Joints of the body –</p> <ul style="list-style-type: none"> • Hip (ball & socket - flexion, extension, abduction, adduction, rotation), • Shoulder (ball & socket - flexion, extension, abduction, adduction, rotation), • Elbow (hinge - flexion, extension), • Knee (hinge - flexion, extension) <div style="display: flex; justify-content: space-around; align-items: center;">  </div> <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>Bones of the body –</p> <p>Humerus, Radius, Ulna; Femur, Patella, Tibia, Fibula;</p>  <p>Cranium; Rib Cage, Pelvis; Metacarpals, Carpals; Metatarsals, Tarsals; Phalanges</p>
	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

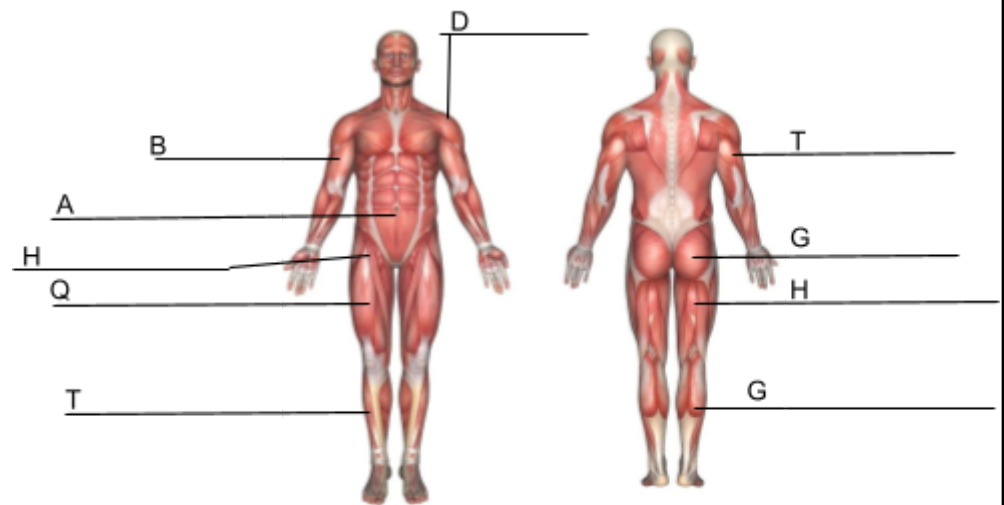
Identify the 10 bones and 6 joints (circled) on the skeleton below.



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