

## Yr 12 Cambridge Technical Sport and PE

### Task 1

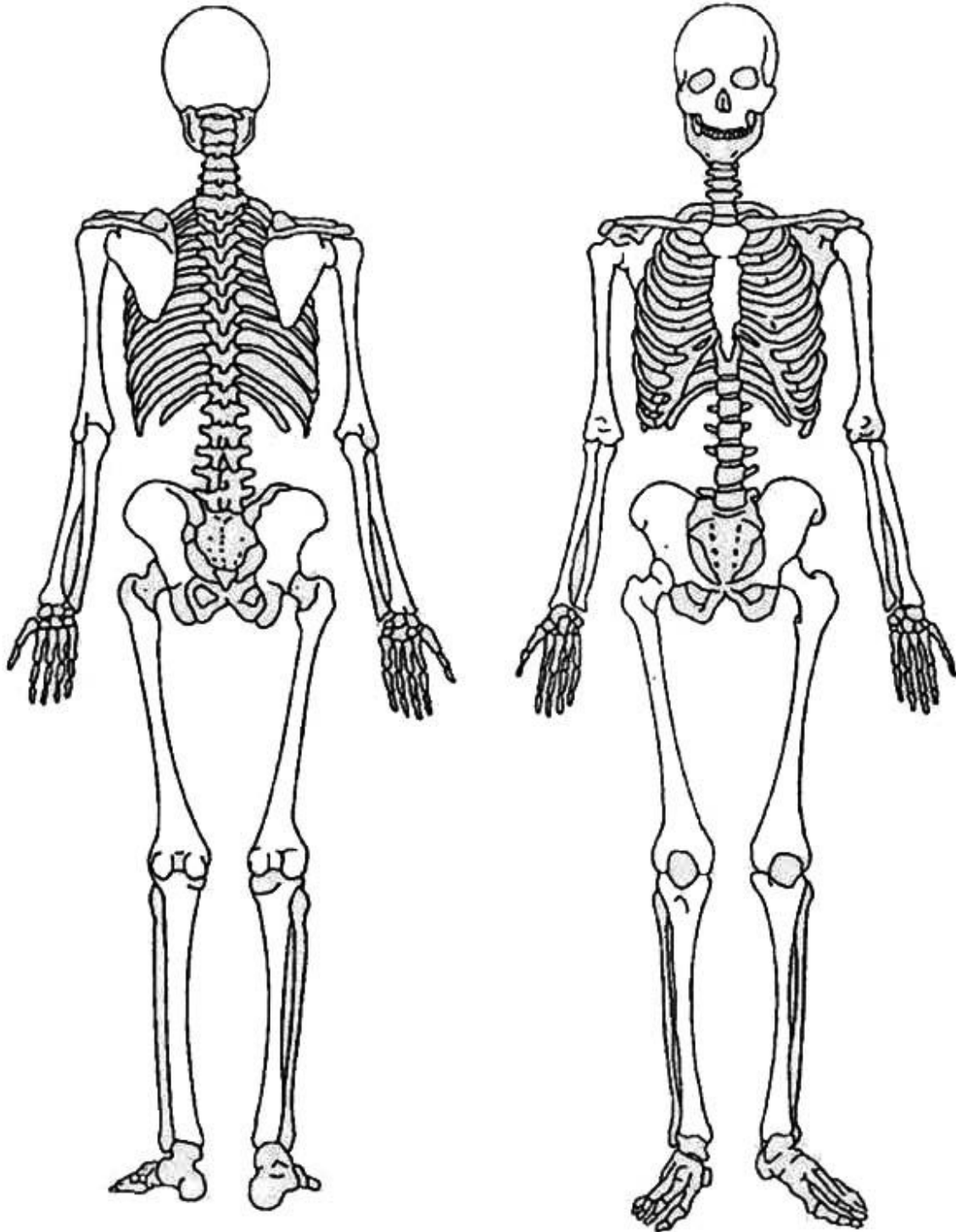
Write a sports biography about why you want to study sport at year 12

Factors you could include are

- Your own sporting involvement eg you take part in athletics and have represented college and a local club for..... Your athletics event(s) is / are..... you do these events because.....
- What got you into the sporting activity (s) you do?
- Why do you enjoy your sport?
- How does your sport enhance your character – what life skills has your sporting activity given you eg teamwork
- List your specific physical skills or fitness components you need for your sport eg if you are a goalkeeper in football / hockey you need agility, power and good hand eye co - ordination then explain why you need these skills or fitness components (you may need to research some of these fitness components or skills for your sport – you should list at least 5 or 6)
- Do you hold any qualifications in your sport eg refereeing / coaching awards
- What level have you competed at eg local club/ school level – district eg Gateshead or county or country
- Where would you like to go with your sport – eg pursue a career in the sport as a performer / coach etc
- What do you need to do to give you the opportunity to have a career in sport – eg coaching badges
- Why do you want to take Cambridge Technical award at Level 3 in sixth form – where do you want this qualification to take you eg further study at college or university

# Structure and Function of the Skeletal System

## Location of the major bones



I can locate and name all the major bones in the human body

Extend your knowledge:

Highlight the bones in the **axial skeleton**.

Highlight the bones in the **appendicular skeleton**.

## The Functions of the Skeleton

Function	Description	Example in a Sporting Situation
To give posture, shape and support to the body		
	Providing areas or sites for muscle attachment. Provides <b>levers</b> that help us move.	
		The rib cage protects our vital organs when being tackled in rugby.

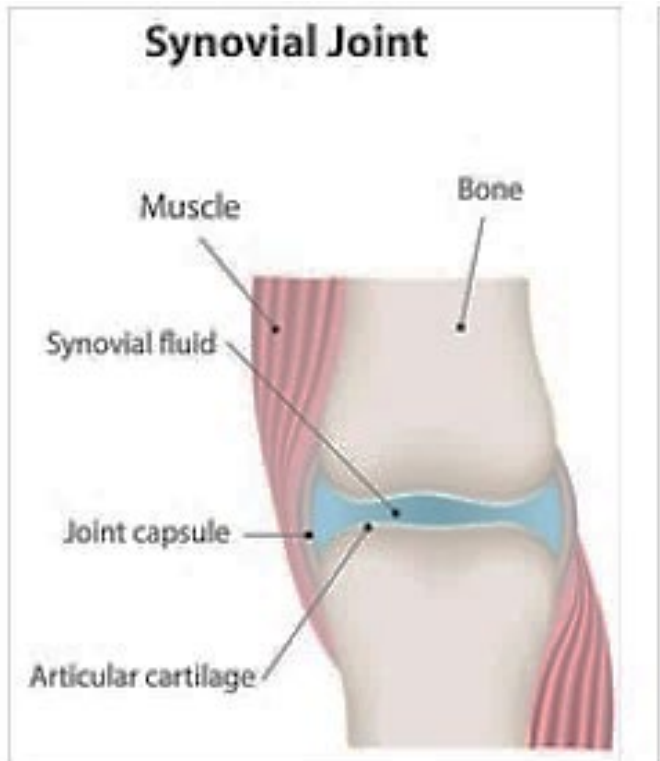
I can name the five major functions of the skeleton, and describe their role in sport.

Extend your knowledge:

Explain the function using a sporting example.



## A synovial Joint



### Description of a synovial joint

### TASK

Using previous knowledge draw and label the components of the knee joint and the elbow joint (see page. 3 in text books)



I have used the work book to complete the drawing and labelling



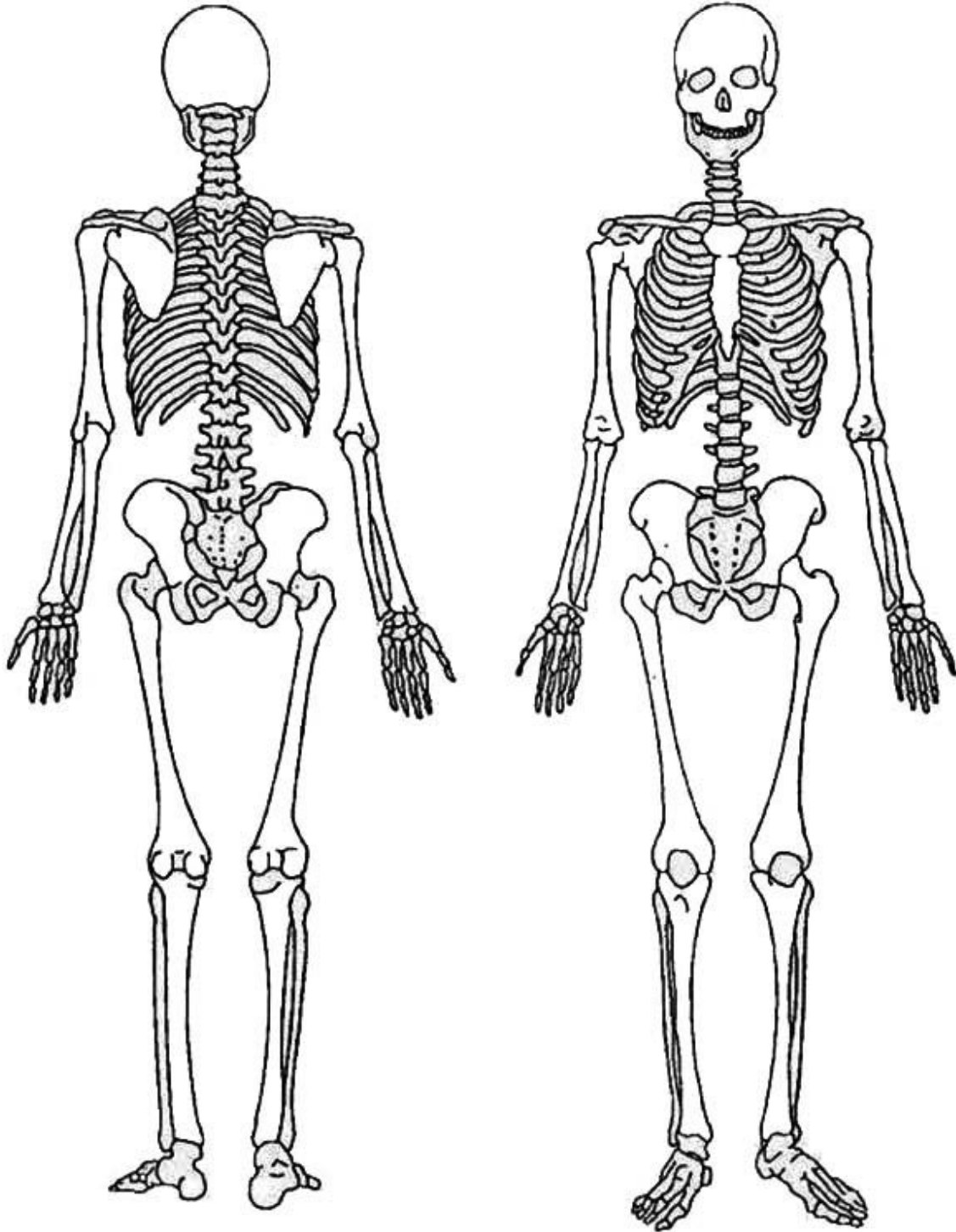
I have used the work book to complete the labelling, but could draw the joints without support



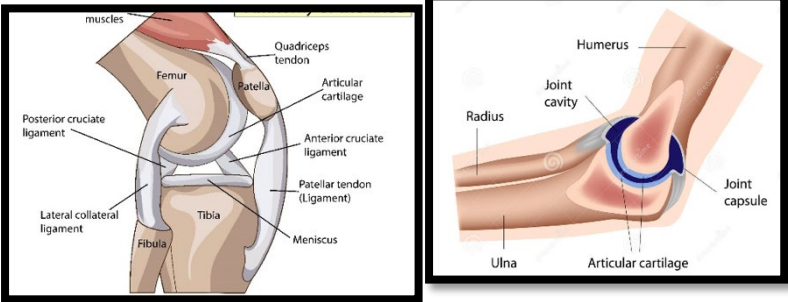
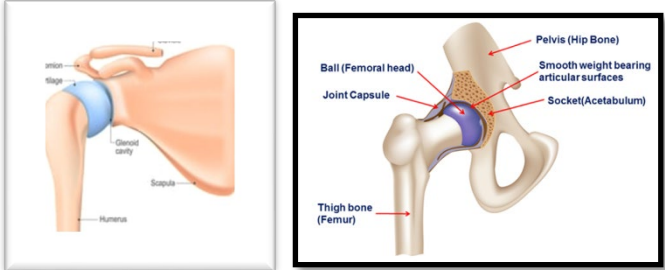
I have not used the work book to complete the drawing and labelling

**Highlight the ligament, cartilage, membrane on both joints**

## Types of Synovial Joint



## Synovial Joint and Movement

NAME of SYNOVIAL JOINT	LOCATION	MOVEMENT AT JOINT
		
		



Type of Joint	Movement	Definition	Sports Example
HINGE	Flexion		At the knee:
			At the elbow:
BALL AND SOCKET			At the shoulder:
			At the hip:
HINGE	Extension		At the knee:
			At the elbow:
BALL AND SOCKET			At the shoulder:
			At the hip:
BALL & SOCKET	Rotation		At the shoulder:

			At the hip:
	<u>Abduction</u>		At the shoulder:
			At the hip:
	<u>Adduction</u>		At the shoulder:
			At the hip:
	Circumduction		At the shoulder:
			At the hip:

Type of Joint	Definition	Sports Example

**Exam Style Questions:**

***What is the question asking you?***

***Is it AO1, AO2 or AO3?***

***AO1 –***

***AO2 –***

***AO3 -***

***Which is the command word?***

***How should you use the command word to answer the question?***

1. A joint is a place where? (1 mark)
  - A. Three bones meet
  - B. Two or more bones meet
  - C. Cartilage, ligaments and tendons combine
  - D. Ligaments prevent injury
  
2. There are several types of joint in the body. The freely movable joint is known as the synovial joint. Name the 2 types of joint that are synovial joints (2 marks)
  - a.
  - b.

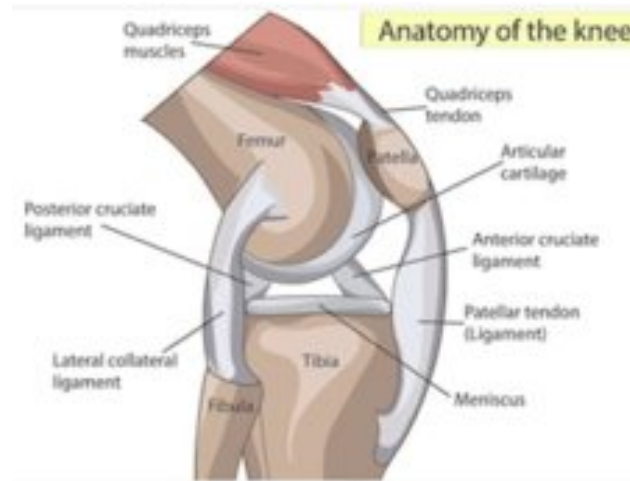
3. Draw and describe a simple diagram of the hip joint and label the articulating bones that move around this (3 marks)

4. Describe a skill in a physical activity that involves both abduction and adduction of the hip joint (2 marks)

Other components of synovial joints

Tissue Based Component	Description & Information	Function	Injuries
Ligament			
Tendon			
Cartilage			

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I can describe the 3 tissue based components of a synovial joint

I can explain each components function as part of the synovial joint

I can explain the term ossification, meniscus cartilage and Osgood-Schlatter's disease

**Exam Style Questions:**

***What is the question asking you?***

***Is it AO1, AO2 or AO3?***

***AO1 –***

***AO2 –***

***AO3 -***

***Which is the command word?***

***How should you use the command word to answer the question?***

1. Describe the main functions of the skeleton (5 marks)
  - a.
  - b.
  - c.
  - d.
  - e.
  
2. Give two examples of a hinge joint and two examples of a ball and socket joint (4 marks)
  - (i)
  - (ii)
  - (iii)
  - (iv)



3. What is the difference between abduction and adduction?  
Give an example for each. (4 marks)

Abduction –

Adduction –

4. Describe the role of tendons (3 marks)