



## LEARNING JOURNEY

### Paper 1 – Musculoskeletal Systems

*Ad Astra*

Over the next 7 lessons we will be learning content for Paper 1. We will be looking at the Musculoskeletal system over these lessons. We will focus on being able to identify bones and muscles in the body. We will also look at synovial joints and levers in more detail.

We will develop our learning each week by focusing on:	Completed	RAG Rate		
		R	A	G
<b>Lesson 1: Skeletal System</b> <ul style="list-style-type: none"> <li>Identify the major bones in the human body.</li> <li>To know the function of the skeleton and the impact this has on performance.</li> </ul>				
<b>Lesson 2: Skeletal System – Synovial Joints</b> <ul style="list-style-type: none"> <li>To know the structure of a synovial joint</li> <li>To be able to identify areas of the body which have a synovial joint.</li> <li>To know the roles of connective tissue (ligament, tendon and cartilage).</li> </ul>				
<b>Lesson 3: Skeletal System – Movements available at a synovial joint</b> <ul style="list-style-type: none"> <li>To be able to identify the movements available at the synovial joints.</li> <li>To be able to give sporting examples of these movements.</li> <li><b>Mini Assessment</b></li> </ul>				
<b>Lesson 4: Muscular System</b> <ul style="list-style-type: none"> <li>To be able to identify the major muscles in the body.</li> <li>To understand the roles of antagonistic pairs</li> <li>To give examples of antagonistic pairs in the human body.</li> </ul>				
<b>Lesson 5: Lever System</b> <ul style="list-style-type: none"> <li>Know the three classifications of levers.</li> <li>Apply all three levers to sporting examples.</li> </ul>				
<b>Lesson 6: Mini Assessment</b> <ul style="list-style-type: none"> <li>Mock paper with exam style questions</li> </ul>				
<b>Lesson 7: Close the gap.</b> <ul style="list-style-type: none"> <li>Know your own areas of strength and weakness.</li> <li>Close the gap in your knowledge.</li> </ul>				

#### Prior Learning

What have you learnt previously that will help you on this learning Aim?

1. Science lessons – specifically biology
2. Core PE lessons

### **Keywords**

Highlight the words that you are unsure of the start of the learning aim.

As we progress through the learning aim, tick the word off that you have learnt the meaning of.

Lesson 1	Skeletal System	Joint	Articulating			
Lesson 2	Synovial Joints	Cartilage	Ligament	Tendon		
Lesson 3	Flexion	Extension	Abduction	Adduction	Circumduction	Rotation
Lesson 4	Antagonistic					
Lesson 5	Component	Load	Lever	Fulcrum	Effort	Classification

### **Future Learning**

What will we be learning in the future?  
How could this unit help you in your future career?

Paper 1 - We will be looking at the cardiorespiratory system for our next topic. After that we will begin looking at physical training. In this topic we will look at which components of fitness are required for different sports and how we can apply principles of training to these sports.

Paper 2 – You will look in detail at engagement patterns and different social groups participation in sport or physical activity. We will also look at commercialisation of sport and ethics and drugs in sport. We will then focus on sport psychology and the impact this can have on performance.

Coursework – You will observe a partner and assess their performance in badminton. You will discuss the strengths and weaknesses of the performance and suggest activities for them to complete to improve their performance further.

Practical – We will look at a variety of sports throughout the course, you will be assessed on all of these sports. Your top three will go towards your final grade.