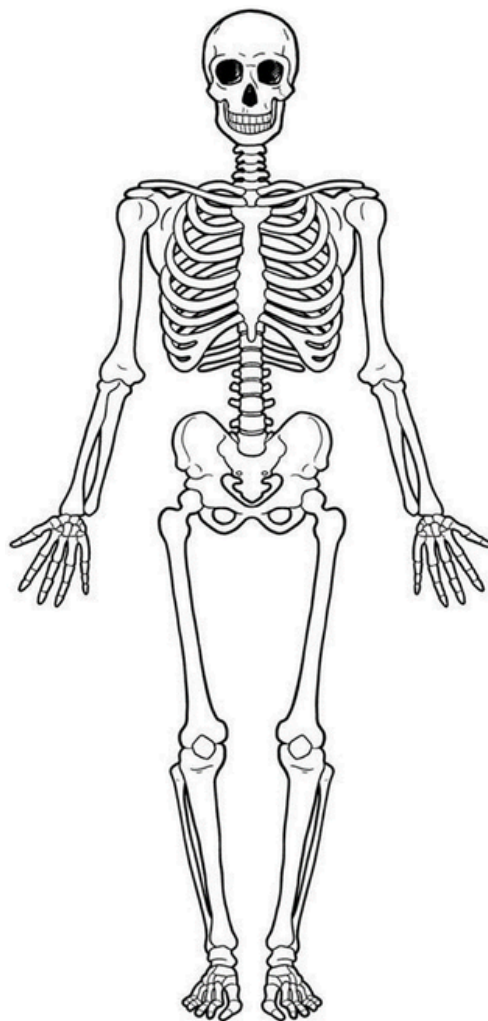




Sport Extended Certificate (Single) BTEC

Task 1

Topic A - The Skeletal System



Label the Skeleton above with these bones

Phalanges Scapula Femur Tibia Fibula Carpals
 Patella Ulna Radius Sternum Ribs Cranium
 Humerus Clavicle Tarsals



Axial vs Appendicular Skelton



Axial Skeleton:

Bones in the middle section of the body, usually used to protect vital organs



Appendicular Skeleton:

Bones found in your 'limbs, used to provide movement

I Do:



Identify:

A bone on this part of the skeleton

Ribs

Explain:

When can this be used to help in a sporting activity

Your ribs are used to protect your vital organs such as your heart and lungs when being tackled during a rugby game

You Do:



Identify:

A bone on this part of the skeleton

Explain:

When can this be used to help in a sporting activity



Identify:

A bone on this part of the skeleton

Explain:

When can this be used to help in a sporting activity

Types of Movement in Synovial Joints

State: Type of Movement	Define: Use Key Words	Explain: Give supporting example when this movement is used

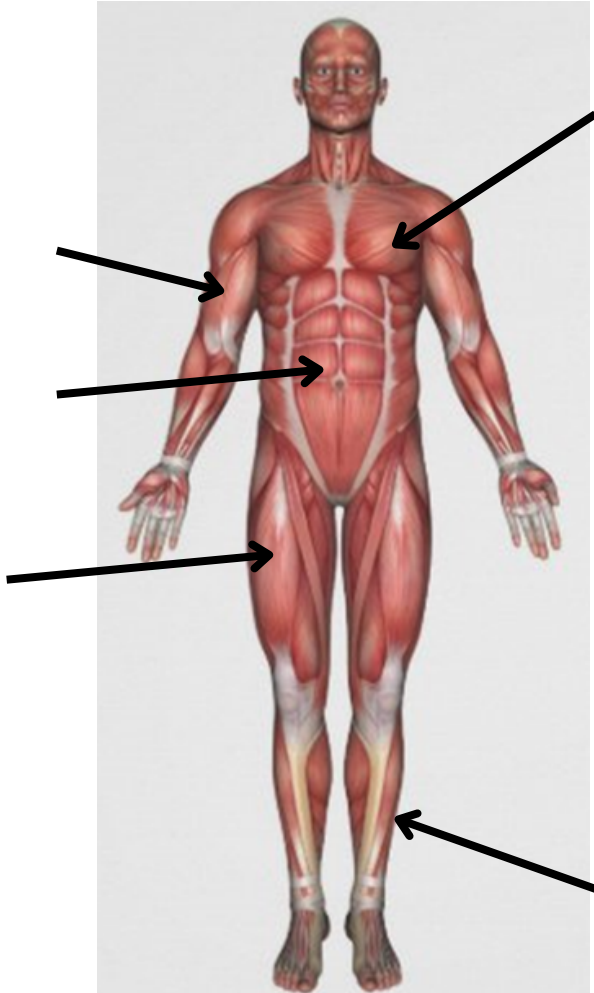
Skeletal System Support Link:

<https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/1>

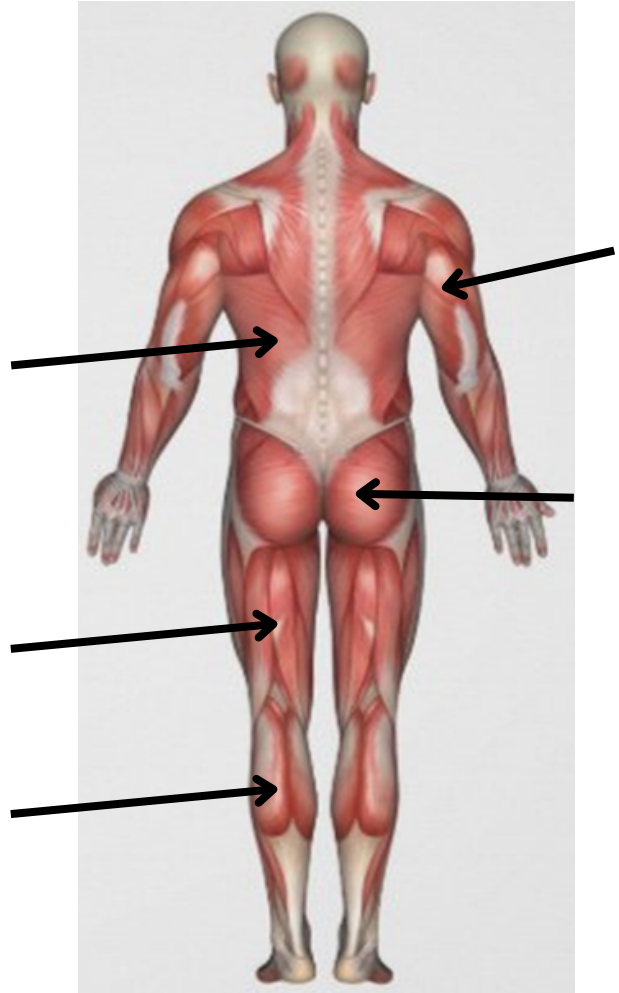
Task 2

Topic B - The Muscular System

Anterior (Front of the Body)



Posterior (Back of the body)



Label the muscles

Quadriceps Biceps Pectorals
Tibialis Anterior Abdominals

Gluteals Triceps Gastrocnemius
Hamstrings Latissimus Dorsi

Identify:

What muscles have been highlighted in each of the following sporting movements.



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Muscular System Support Link:

<https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1>