

# Topic Overview

## Movement



### KNOW IT

- [I know the functions of the skeleton.](#)
- [I know how to identify the major bones on a model / diagram.](#)
- [I can identify the key muscles of the body on a diagram.](#)
- [I know how muscles work together in pairs.](#)
- [I know the movement produced by some major muscle pairings.](#)
- [I know some exercises to strengthen some of the major muscles in the body.](#)
- [I know some common injuries to joints.](#)
- [I know some common injuries to muscles.](#)
- [I know some common injuries to bones.](#)
- [I can identify some common injuries relating to sports.](#)



### LINK IT

\* Cells and microscope topic and PE



### PROVE IT

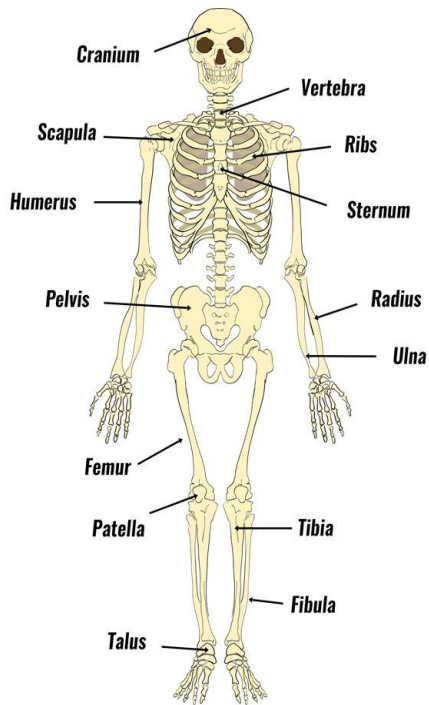
- Your teacher will ask you to identify some bones on a skeleton.
- End of unit test



### SAY IT

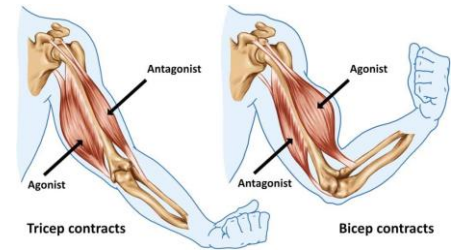
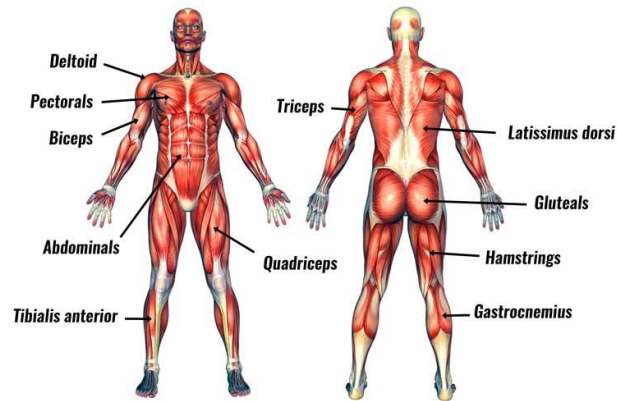
VOCABULARY	DEFINITION
Bone	A hard, dense calcified tissue forming the skeleton.
Skeleton	An internal or external framework of bone supporting or containing the body or body part.
Muscle	A bundle of fibrous tissue that has the ability to contract, producing movement.
Contraction	The process which a muscle becomes or is made shorter and tighter.
Agonist	The muscle whose contraction moves the body directly.
Antagonist	The muscle which lengthens or relaxes.
Joint	Point at which two or more bones join.
Ligament	Connects two or more bones (or cartilage) together or holds a joint together.
Cartilage	Flexible connective tissue.
Tendon	Flexible tissue attaching muscle to bone.

# MOVEMENT

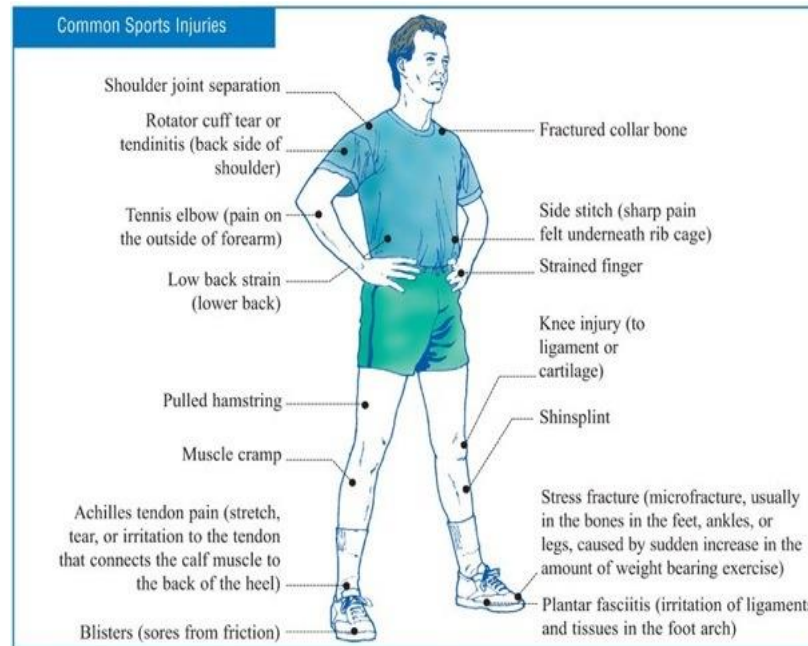


**Roles of the skeleton:**

- Protection
- Support
- Movement
- Blood Cell Production



**Muscles work in pairs. When one muscle contracts (agonist), the other relaxes (antagonist).**



## Antagonistic Muscle Groups List

