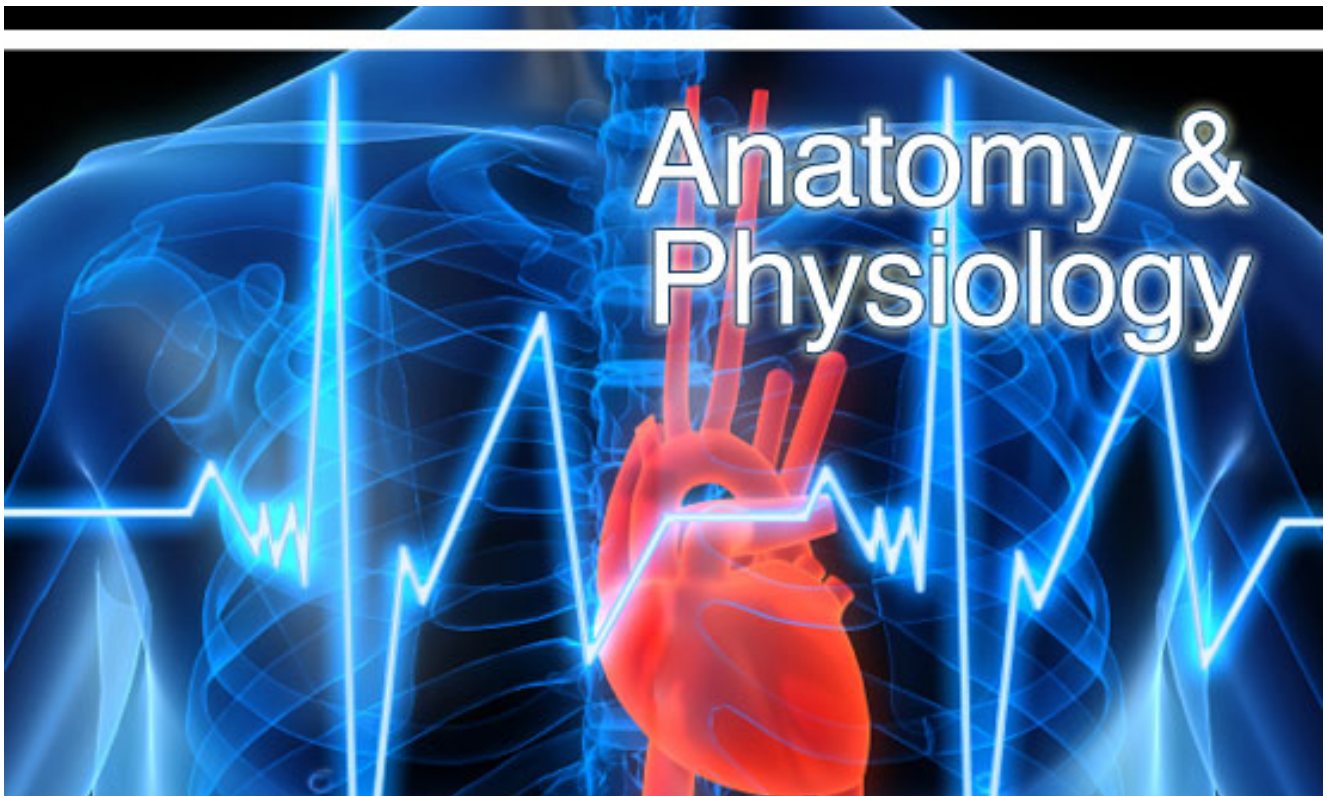


# PE & SPORT

## SUMMER WORK



In preparation for the PE & Sports courses we would like you to complete this booklet on Bones & Joints. Please bring to your first lesson in preparation for a shot quiz.

Name .....



## **LESSON 1 The Skeleton**

### **AIMS:**

**-To know the features and functions of bones and the skeletal system.**

**-Be able to label all the articulating bones in the human body.**

**S&C** – Research the different roles of different types of bone.

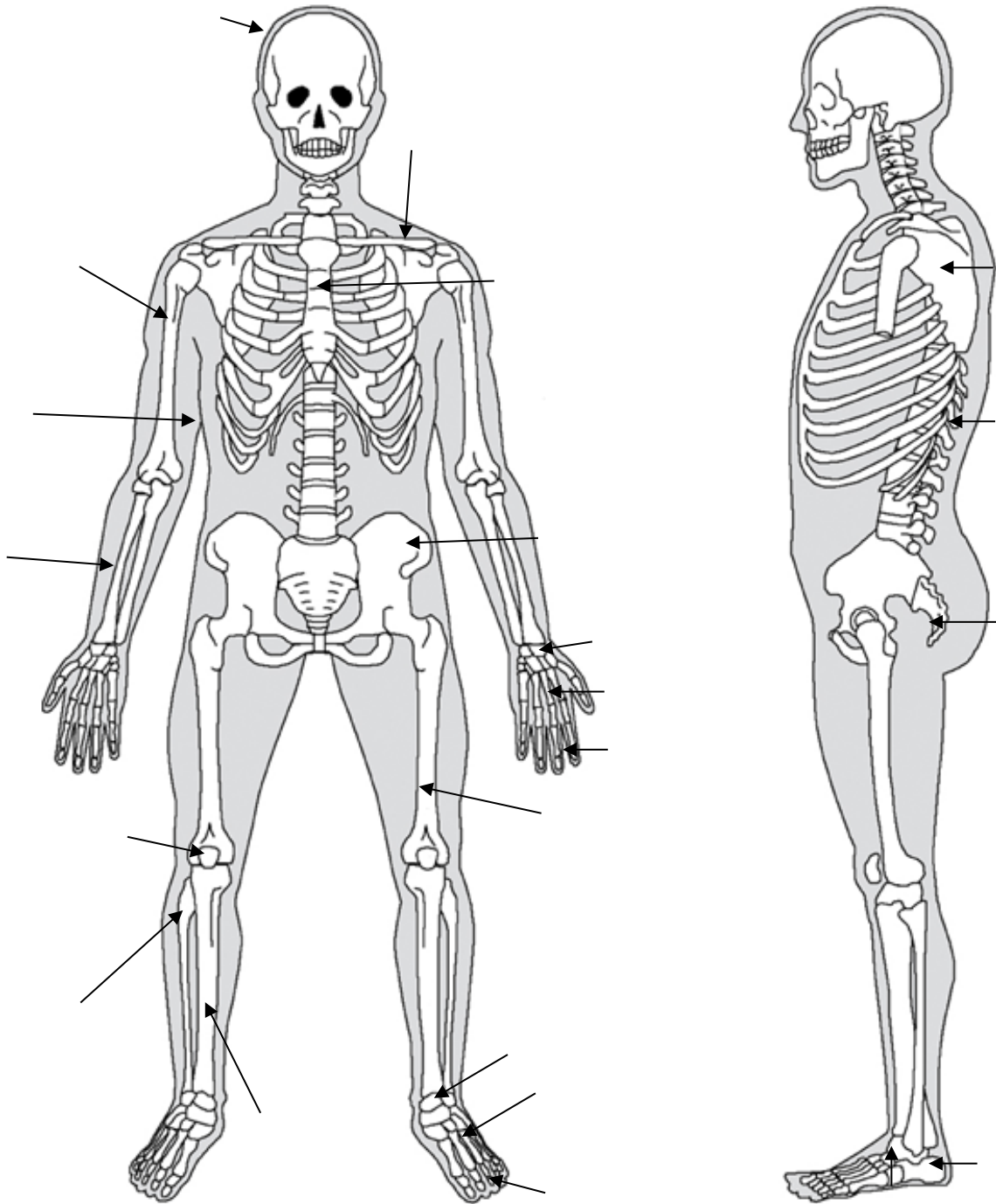
**HW**- Revise bones for a test next week.



Draw the skelton and label the skelton below !!



What are the Functions of the skeleton?



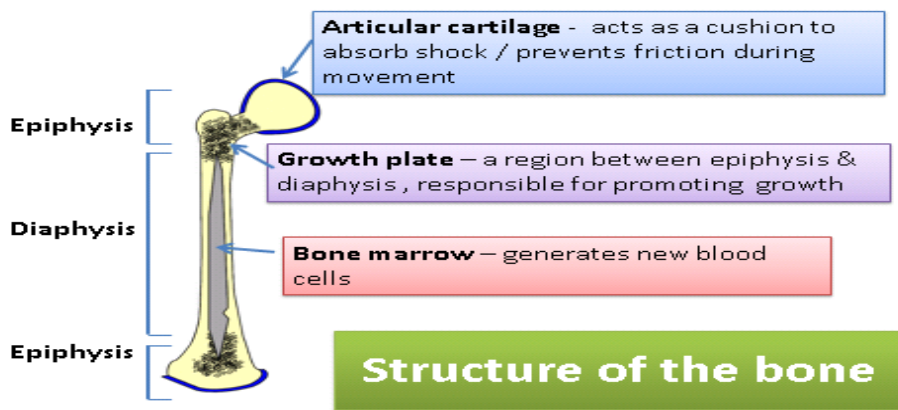


What bones make up the AXIAL and APPEDICULAR SKELETONS ?

Complete the table

Axial skeleton	Appendicular skeleton
Skull	Shoulder girdle & upper limbs

Structure of the bone



OSSIFICATION IS.....



Why can the process of OSSIFICATION be of risk to youngsters?

**HOMEWORK** - Revise the bones for a short test next week. Complete sheet filling in the blanks. Expect you to label a skeleton.



## **LESSON 2 Joints of the Body**

### **AIMS:**

- To know the different joint types within the human body.**
- To know the location of the joints.**
- To understand the range of movement each joint type provides.**

**S&C** – Research different injuries that can occur to synovial structures.

**HW**- Revise the joints of the body including articulating bones for each.

**MYPEEXAM – 1-8**



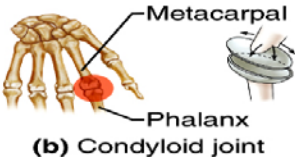
**Types of joints**

Complete the following table...

Type of joint	Mobility	Stability	Example
<b>Fibrous / immoveable</b>	No movement	Most stable	
<b>Cartilaginous / semi moveable</b>	Little movement	Stable	
<b>Synovial / freely moveable</b>	Free movement	Least stable	

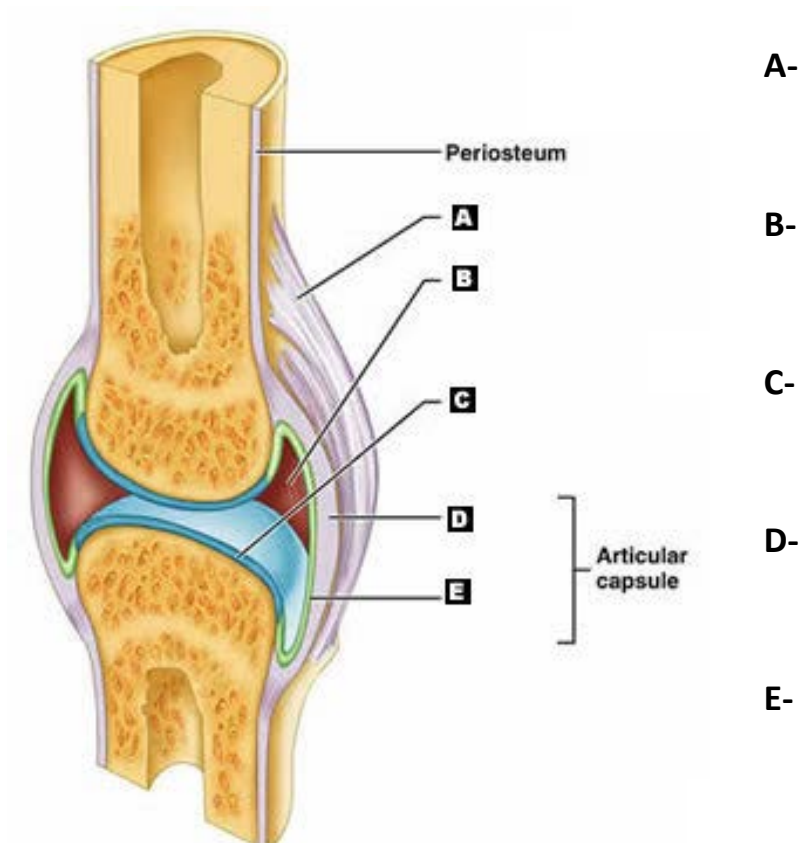
**Complete the following table**

Type of synovial joint	Examples from skeleton	Description
Ball & Socket		<p><b>(a) Ball-and-socket joint</b> A ball shaped head of one bone articulates with a cup like socket of an adjacent bone</p>
Hinge		<p><b>(d) Hinge joint</b> A cylindrical protrusion of one bone articulates with a trough-shaped depression of an adjacent bone</p>

Pivot		A rounded or pointed structure of one bone articulates with a ring-shaped structure of an adjacent bone.
Condylloid		 <p>(b) Condyloid joint</p> <p>Similar to a ball &amp; socket joint but with much flatter articulating surfaces forming a much shallower joint</p>
Gliding		Articulating surfaces are almost flat and of a similar size



## Structure and function of Synovial Joints





**What are the functions of the below structures found in a Synovial Joint?**

**Ligaments –**

**Articular cartilage -**

**Joint capsule –**

**Joint Cavity –**

**Synovial fluid –**

**Tendon -**