# Preparation for Ctech Sport - Unit 1 – Miss Loveland

**Topic:** Anatomy and Physiology

**Key Question: the human body is able to perform countless movements and actions. How is this able to occur, when bones are rigid?**

## What to watch

Structure and Functions of the skeletal system
**https://www.youtube.com/watch?v=-lrKDRAbP38**

**https://www.youtube.com/watch?v=RxprXjSybhI**

Joints

**https://www.youtube.com/watch?v=LqCkvj0fTj0**

**https://www.youtube.com/watch?v=bfiUnhAHt8Q**

Major bones in the skeleton + Axial and appendicular skeleton

**https://www.youtube.com/watch?v=LMZStgTd-Tw**

**https://www.youtube.com/watch?v=nDY_pA8yntE**

Movements possible at joints

**https://www.youtube.com/watch?v=aRaLjN2cTYo**

**https://www.youtube.com/watch?v=oA6HiaV1RlU**

**https://www.youtube.com/watch?v=0cYal_hitz4**

## What to read

Read the specification and chapter 1 of the text book, pages 1 – 5. (See google classroom for specification and text book).

https://www.bbc.co.uk/bitesize/guides/zq3sbk7/revision/1

https://biologydictionary.net/skeleton/

https://opentextbc.ca/anatomyandphysiology/chapter/6-3-bone-classification/

https://www.bbc.co.uk/bitesize/guides/zxc34j6/revision/2

https://www.teachpe.com/anatomy-physiology/axial-appendicular-skeleton

## What to do

To help you complete the task below answers the following questions.

1. What are the sections of the skeleton and how do their roles differ.
2. What are the major bones in the body (see specification) and how are these classified. Do different types of bones have different roles?
3. How does the body move? What ranges of movement does each joint have?

### WHAT TO SUBMIT

A report on how the structure of the human skeleton enables us to move effectively. This report could be done in a PowerPoint presentation (no more than 15 slides), or a video presentation (max 2 minutes), or a word document (no more than 3 sides).