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| **GCSE PE Unit 1.1 Musculo Skeletal System** | **Unit Navigator** | | | | | |
| In this unit you will investigate the musculo-skeletal system. The aims are as follows:  **LG1**: Knowledge  **LG2**: Application  **LG3**: Skills | Assessment Grades |  |  | | | |
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| **Lesson Title.** | **Learning Goals/Outcomes/Content** | | |  |  |  |
| 1.  **Intro to Skeletal system** | LG1 - To know the names of the bones of the skeleton  LG 1 - To know the names of the different types of bone in the body and their functions | | |  |  |  |
| 2.  **Functions of the skeleton** | LG1 – To know the functions of the skeleton  LG2 – To be able to apply the functions of the skeleton in real scenarios | | |  |  |  |
| **3. Types of joint** | LG2 - To be able to define a joint  LG 2 - To be able to describe the different types of synovial joint and how they are used in various sporting movements | | |  |  |  |
| 4.  **Structure of a joint** | LG1 - To know the different components in the structure of a joint  LG1 - To know the difference between cartilage, tendons and  ligaments | | |  |  |  |
| **5. Types of movement** | LG1 - To know the types of movement  LG2 – To be able to apply sporting examples of joint movements.  LG1 - To know the effects of exercise on the skeletal system | | |  |  |  |
| **6. Intro to muscular system** | LG1 - To know the three muscle types and their functions  LG1 - To know the important voluntary muscles in our body | | |  |  |  |
| **7. Antagonistic muscle action** | LG1 - To know what is meant by the term ‘antagonist pair’  LG2 – To be able to apply the term antagonistic pairs to muscle groups  LG1 - To know the different types of muscle contraction. | | |  |  |  |
| **8. Effects of exercise** | LG1 - To know the effects of exercise on muscular system | | |  |  |  |
| **9. Test Preparation / Revision** | LG2 – To be able to apply knowledge gained over unit to practice exam style questions | | |  |  |  |
| **10. TEST COMPLETION** | LG3 – To demonstrate understanding of topics taught in this unit to complete an end of unit test | | |  |  |  |
| 11.  **TEST REVIEW** | LG3 – To skilfully evaluate the unit covered and identify areas of strength/weakness | | |  |  |  |

**Links:**

LG1: Basic knowledge of the musculo-skeletal system forms the basis of many future topics such as levers, planes and axes.

LG2: Application is a vital skill at GCSE, but also in understanding how the skeleton and muscles work together to create movement

LG3: Revision and analysis skills are crucial for pupils to be able to identify errors and learn from mistake to ensure a stronger future grade