

# Year 7 Physical Education

UNIT	SKELETAL SYSTEM	✓	UNIT	MUSCULAR SYSTEM	✓
FOOTBALL	Function: Movement		FITNESS	Type: Skeletal	
	Function: Protection			Type: Smooth	
	Function: Blood production			Type: Cardiac	
	Bone Types			Tendons & ligaments	
FOOTBALL	Humerus/Radius/Ulna		GYMNASTICS	Latissimus Dorsi	
	Radius/Ulna			Deltoids	
	Tarsals/Metatarsals			Triceps	
	Femur/Patella			Hamstrings	
	Phalanges, Carpals, Metacarpals			Trapezius	
Assessment	Knowledge of bones		Assessment	Knowledge of muscles	
RUGBY	Tibia/Fibula		BADMINTON	Latissimus Dorsi	
	Skull/Ribs			Gluteals	
	Clavicle/Sternum			Gastrocnemius	
	Vertebrae/Sacrum			Biceps	
	Phalanges/Carpals/Metacarpals			Pectorals/Abdominals	
RUGBY	Hinge joints		BASKETBALL	Ligaments & tendons	
	Ball and socket joints			Collagen	
	Condyloid joints			Concentric contraction	
	Pivot joints			Eccentric contraction	
	Saddle joints			Isometric contraction	
Assessment	Knowledge of bones		Assessment	Muscles & Muscular system	
CRICKET	Gliding joints		RUN	Agonist/antagonist	
	Flexion/Extension			Recap muscular system	
	Adduction/Abduction			Recap muscular system	
	Rotation		JUMP	Recap muscular system	
	Circumduction			Recap muscular system	
ROUNDERS	Recap of skeletal system		JUMP	Recap muscular system	
	Recap of skeletal system			THROW	Recap muscular system
	Recap of skeletal system		Recap muscular system		
	Recap of skeletal system		Recap muscular system		
Assessment	End of year test: Skeletal and muscular system		Assessment	Sports Day Practice	