**Bones, Joints and Movement**

TASK 1 – JOINTS

Name the four types of joints learnt at GCSE (\* are two new ones that will be revealed)

|  |  |
| --- | --- |
|  | Joints |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| \*5 |  |
| \*6 |  |

TASK 2 – RANGE OF MOVEMENT

Rank the joint types in order of their ranges of movement (1 having the highest range)

|  |  |
| --- | --- |
| Rank | Joint |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |

TASK 3 – SPORTING EXAMPLES 1

Identify the joint, the joint type and the joint action from the three pictures

|  |  |  |  |
| --- | --- | --- | --- |
|  | Joint | Joint type | Joint action |
| 1. Arm
 |  |  |  |
| 1. Ronaldo
 |  |  |  |
| 1. K Bardsley (Goalkeeper)
 |  |  |  |

TASK 4 – SPORTING EXAMPLES 2

Name a sporting action for the four new types of movements/actions

|  |  |
| --- | --- |
| Joint action | Sporting movement |
| Horizontal adduction |  |
| Horizontal abduction |  |
| Supination |  |
| Pronation |  |

TASK 5 – SPORTS MONTAGE VIDEO

Watch the following video <https://www.youtube.com/watch?v=2mZnjgOmMvw>

From the video, identify a sporting movement for the following joints;

|  |  |
| --- | --- |
| **Joint** | **Sporting example** |
| Elbow |  |
| Wrist |  |
| Shoulder |  |
| Hip  |  |
| Knee |  |
| Ankle |  |
| Radio ulnar |  |