**Topic Overview: Movement**

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|  | Ref | Outcome | Achieved | ☺ |
| Emerging 1 | E7SbM1.1 | To know the 3 functions of the skeleton |  |  |
| E7SbM1.2 | To know what a muscle is |  |  |
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| Emerging 2 | E7SbM2.1 | Know the parts of the human skeleton work as a system for support, protection, movement as well as production of new blood cells. |  |  |
| E7SbM2.2 | Know that muscles are made up of cells |  |  |
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| Developing 3 | D7SbM3.1 | Describe the functions of different bones in the skeleton |  |  |
| D7SbM3.2 | Explain why some organs contain muscle tissue. |  |  |
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| Developing 4 | D7SbM4.1 | Explain how a physical property of part of the skeleton relates to its function. |  |  |
| D7SbM4.2 | Know that antagonistic pairs of muscles create movement when one contracts and the other relaxes. |  |  |
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| Securing 5 | S7SbM5.1 | Describe what a joint and a ligament is |  |  |
| S7SbM5.2 | Explain how antagonistic muscles produce movement around a joint. |  |  |
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| Securing 6 | S7SbM6.1 | Describe the different types of joint |  |  |
| S7SbM6.2 | Explain what happens before and after contraction of biceps femoris muscle |  |  |
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| Mastering 7 | S7SbM7.1 | Predict the consequences of damage to a joint, bone or muscle.  |  |  |
| S7SbM7.2 | Evaluate why muscles cells have more mitochondria. |  |  |
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| Mastering 8 | M7SbM8.1 | Use a diagram to predict the result of a muscle contraction or relaxation. |  |  |
| M7SbM8.2 | Know the function of ligaments, cartilage and tendons and how they relate to muscles |  |  |
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| Mastering 9  | M7SbM9.1 | Suggest factors that affect the force exerted by different muscles.  |  |  |
| M7SbM9.2 | Consider the benefits and risks of a technology for improving human movement.  |  |  |

**Keywords**

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| **Joints:** Places where bones meet. |
| **Bone marrow:** Tissue found inside some bones where new blood cells are made. |
| **Ligaments:** Connect bones in joints. |
| **Tendons:** Connect muscles to bones. |
| **Cartilage:** Smooth tissue found at the end of bones, which reduces friction between them. |
| **Antagonistic muscle pair:** Muscles working in unison to create movement. |