

Key Words

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

Learning Sequence

1. Skeleton
2. Joints
3. Antagonistic muscles
4. Chicken vs Human
5. Skeletal technology
6. Investigating muscle movement.

Skeletal System

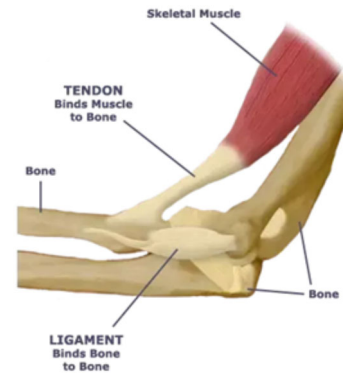
The adult human skeletal system is composed of bones and muscle.

It also contains the associated tissues required to move the bones around a joint.

Joints

Joints consist of bones and muscles that are connected by tendons and ligaments

The ends of the bone are often covered in cartilage to reduce friction. This enables smooth movement and prevents wear and tear.



Assessment

The Knee
Test—Movement

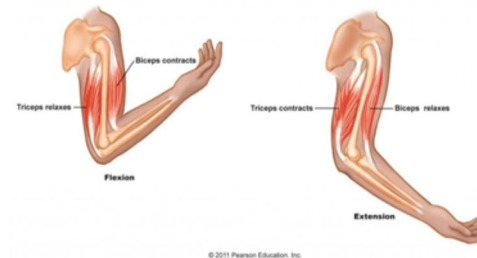
The role of the skeleton is to:

1. Protect the organs
2. Support the body
3. Enable movement
4. Produce red blood cells

Properties of the skeleton:

Hard, Articulated, Light, Strong, Hollow
Bones (filled with marrow)

Antagonistic Muscles



Muscles can only contract (to pull a bone) not relax (to push a bone)

Muscles work in antagonistic pairs, so that the bone can be pulled in both directions.

Year 7 (unit title)