



Subject		Physical Education	
Title/Topic	Format	Length	Week Commencing
Theoretical knowledge	Online test on the musculoskeletal system, warming up and cooling down, the effects of exercise.	45 minutes	5 June
Practical performance	Ongoing assessment of practical activities; core skills and their application in challenging situations.	N/A	Ongoing

This assessment will test my knowledge on...

The major bones and joints in the body:

- Head/neck - Vertebrae and cranium
- Shoulder - Scapula and humerus
- Chest - Ribs and sternum
- Elbow - Humerus, radius and ulna
- Hip - Pelvis and femur
- Knee - Femur, tibia and fibula
- Ankle - Tibia, fibula and talus

Other bone: patella

The major muscles in the body:

Pectorals, deltoids, rotator cuffs, trapezius,
 Biceps, triceps, latissimus dorsi, abdominals,
 Gluteals, hip flexors,
 Quadriceps, hamstrings,
 Gastrocnemius, tibialis anterior.

Immediate, short-term and long term effects of exercise.

Warming up and cooling down effectively for sport and physical activity.



What should I do to revise and prepare for this assessment?

To prepare for this assessment:

Use the video clips, work book and knowledge task to commit the musculoskeletal learning to your long-term memory.

1 https://youtu.be/HenOVI_uO6w

2 <https://youtu.be/q2IAbiBmkZY>

3 <https://youtu.be/TBvNmQtjQck>

4 <https://youtu.be/hDHVgayHdV8>

Revise from prior knowledge booklets on the effects of exercise and warm ups and cool downs.

What useful websites/resources could I use to help me prepare?

Satchel One – Show My Homework