

| Musculoskeletal System | | | |
|--|---|-----------------|---------------|
| Lesson Title | Pre-Learning Video or Knowledge organiser | Knowledge Check | Test Yourself |
| The Bones of the Skeleton | | Pg1 | |
| Structure of the Skeleton | | Pg1 | |
| Functions of the Skeleton | | Pg2 | |
| Structure of the Joints | | Pg8 | |
| Types of Freely Moveable Joints | | Pg9 | |
| Joint Movements | | Pg9 & pg22 | |
| Checkpoint 1 | Score: | | |
| Muscles of the Body | | Pg3 | |
| Antagonistics Pairs | | Pg10 | |
| Types of Contraction | | CPG guide pg5 | |
| Checkpoint 2 | Score: | | |
| Movement Analysis | | | |
| Planes and Axes | | Pg23 | |
| Movement Patterns | | Pg22 | |
| Levers | | Pg21 | |
| Checkpoint 5 | Score: | | |
| Home Learning Key/Notes | | | |
| <p>Pre-Learning You may be directed to watch a specific video on The EverLearner or part of your knowledge organiser, which will be used in the next lesson. If a task isn't set, you should direct yourself to an activity.</p> <p>Knowledge check A knowledge check may be used at the start of a lesson to check your knowledge from a Home Learning task or previous lessons.</p> <p>Test yourself A Test yourself will be set on The Everlearner at the end of each week. You will be able to complete the task as many times as you want in the time frame given, to achieve the target 80%.</p> <p>Checkpoint A checkpoint task may be set at the end of a series of lessons to gauge your understanding of the topics covered.</p> | | | |