

Y10 GCSE PE

Summative Assessment 1

The Structure and Functions of the Musculoskeletal System

- Identification of the bones and their locations
- Structure of the skeleton
- Functions of the skeleton
- Muscles of the body
- Structure of a synovial joint
- Types of freely movable joints that allow different movements
- How joints differ in design to allow certain types of movement at a joint
- How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints

The Structure and Functions of the Cardio-Respiratory System

- The pathway of air
- Gaseous exchange
- Blood vessels
- Structure of the heart
- The cardiac cycle and the pathway of blood
- Cardiac output, stroke volume and heart rate
- Mechanics of breathing
- Interpretation of a spirometer trace