



BTEC Sport Summer Homework

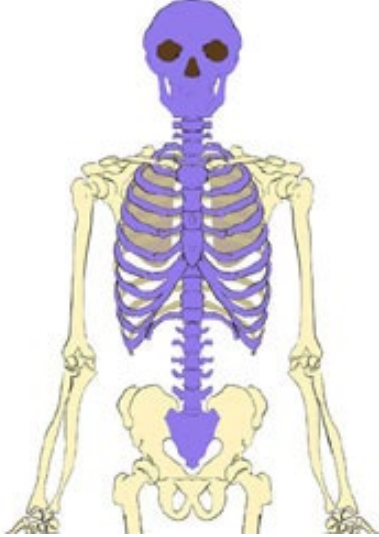
In preparation for you starting your level 3 BTEC Sport course there are a number of activities for you to complete that will help give you a basic understanding.

If you have a paper copy of this resource please ensure you bring this with you to your first lesson.

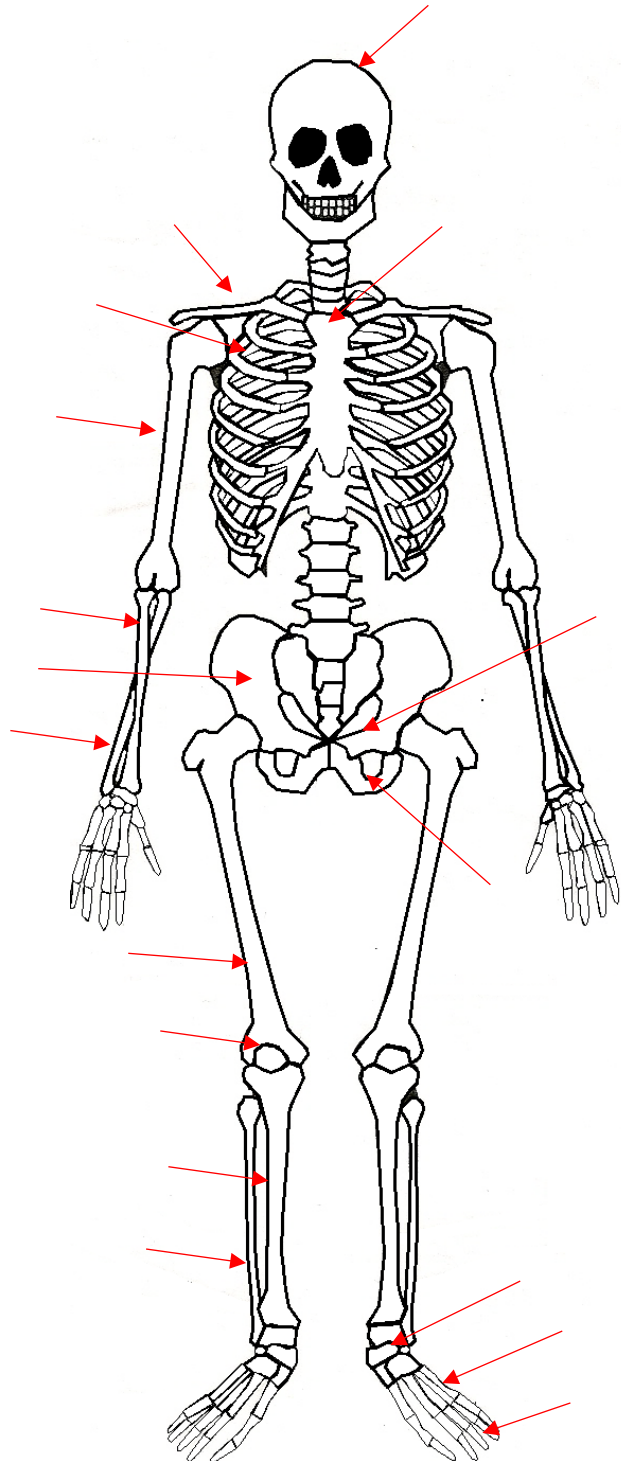
The Skeletal System

The Skeleton

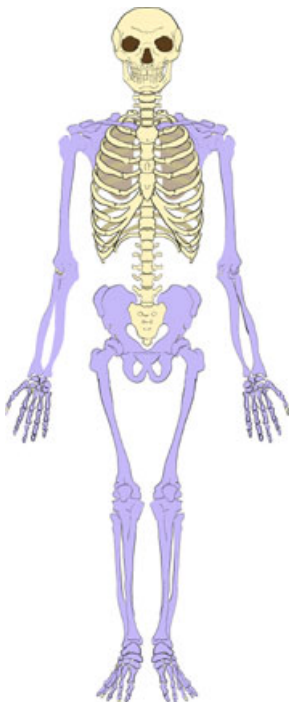
1) Label the bones that make up the **Axial** skeleton



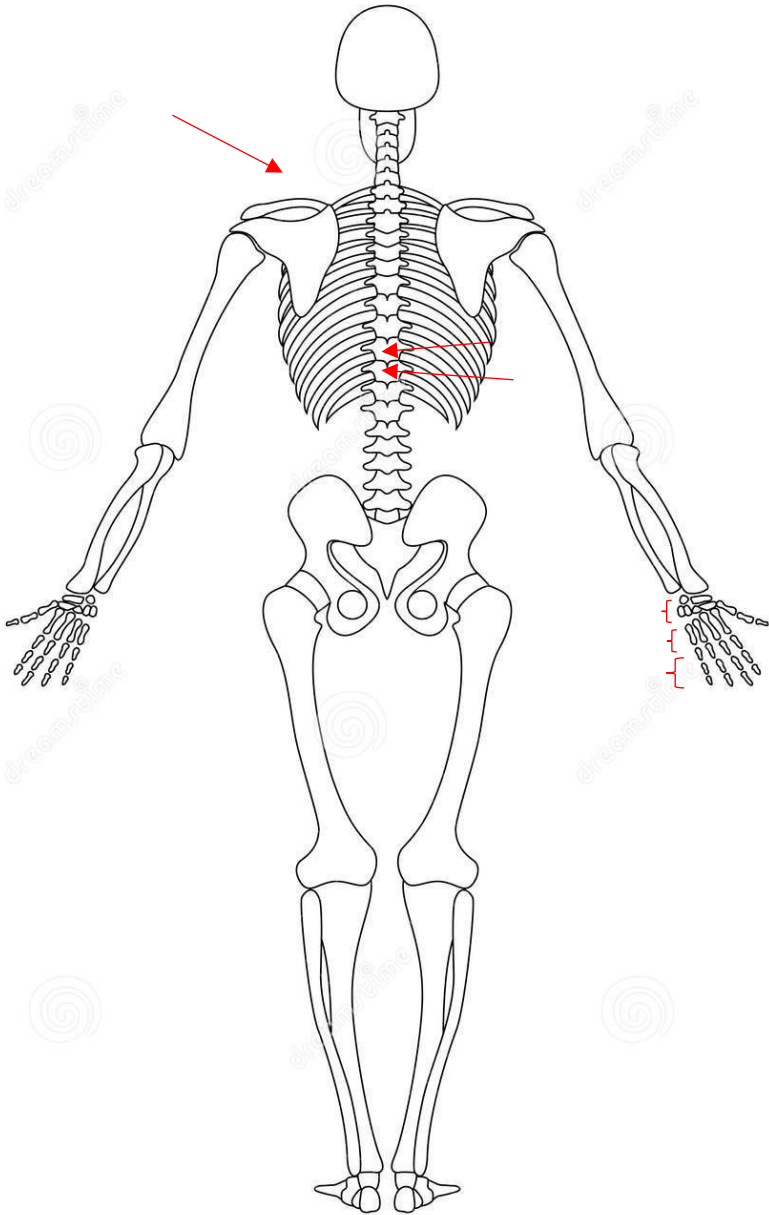
3a) Label the skeleton



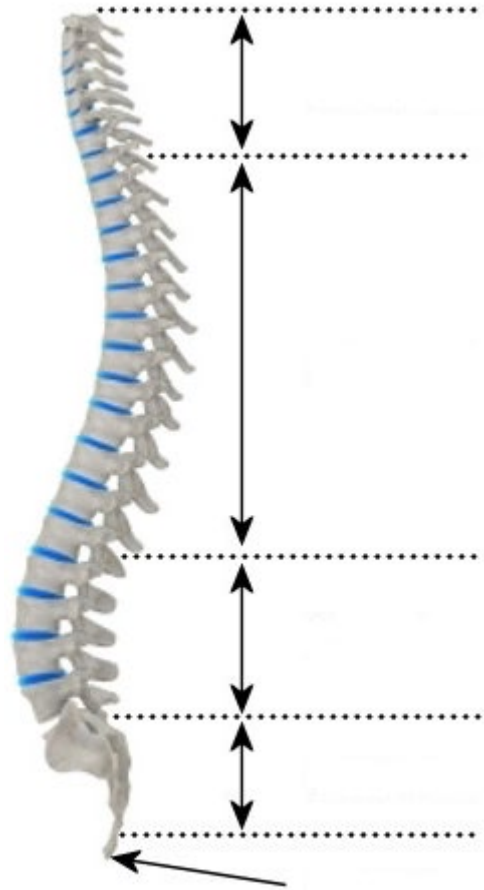
2) Label the girdles that create the **Appendicular** skeleton



3b) Label the skeleton



3b) Label the spine below:



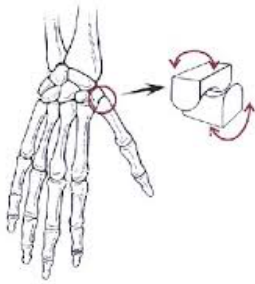
EXTENSION: How many vertebrae are in each section of the spine?

Help! Use these words to help you label the skeleton and the spine...

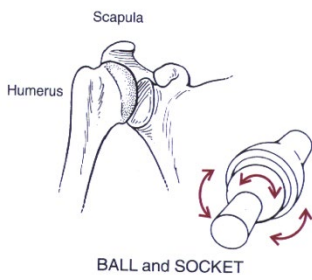
Radius	Scapula	Phalanges	Cranium	Ribs	Fibula
Ilium	Sternum	Coccyx	Sacrum	Patella	Humerus
Clavicle	Thoracic	Ischium	Ulna	Metacarpals	
Lumbar	Tarsals	Cervical	Metatarsals	Femur	Carpals
Phalanges	Tibia	Coccyx			

Synovial Joints

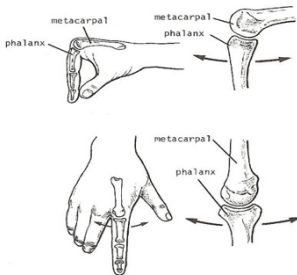
1) Write a definition next to each synovial joint.



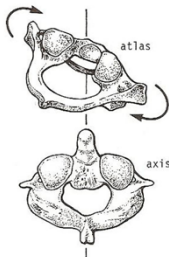
Hinge Joint



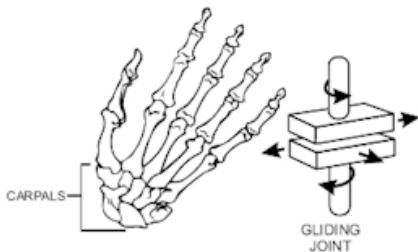
Ball and Socket



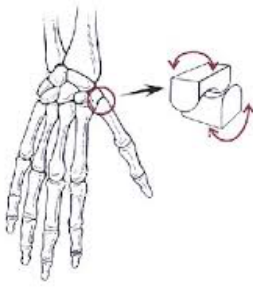
Condyloid Joint



Pivot Joint



Gliding Joint



Saddle Joint

Types of Bones

Write a definition for each type of bone and find an image to support your definition.

Short Bone

Long Bone

Flat Bone

Irregular Bone

Sesamoid Bone

Exam Questions

During your sport lessons you will be expected to answer exam questions in most lessons. This helps you to prepare for your exam. Try and answer these questions below:

Q1.

A flat bone is one type of bone. One function of a flat bone is to protect vital organs of the body.

Complete **Table 1** by:

- (a) giving **two** other types of bone in Column A
- (b) giving **one** function of each type of bone in Column B.

An example has been provided.

	Column A	Column B
	(a) Type of bone	(b) Function of the bone given in Column A
Example	Flat bone	Protect vital organs
1	(1)	(1)
2	(1)	(1)

Table 1

(Total for question = 4 marks)

Q2.

Give an example of a flat bone.

.....

(Total for question = 1 mark)

Q3.

Figure 1 shows the bones of the upper body.

Identify the bones labelled A-C.

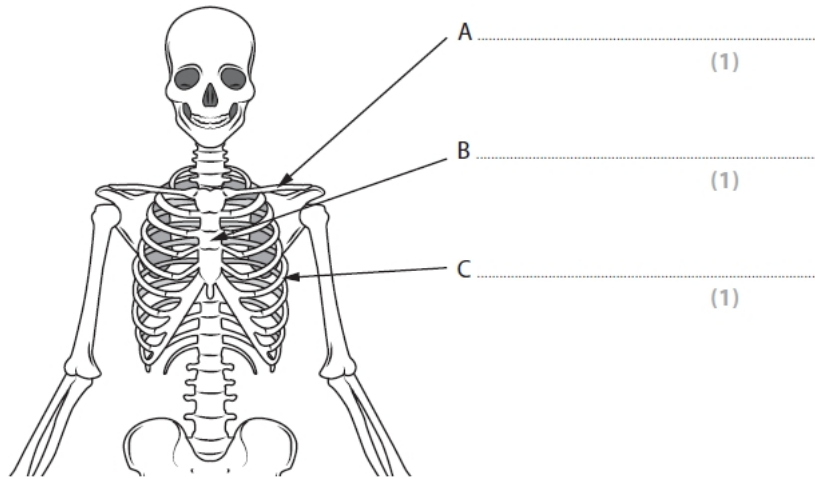


Figure 1

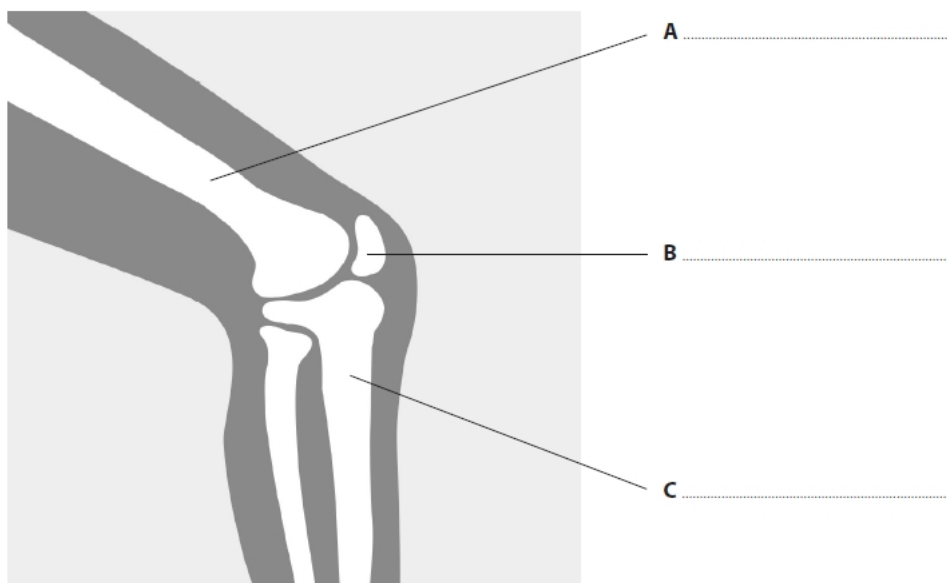
(Total for question = 3 marks)

Q4.

Figure 1 shows the bones at the knee.

Identify the bones labelled A-C in Figure 1.

(3)



Source: © Oleksandr Malysh/Shutterstock

Figure 1

(Total for question = 3 marks)

Once you have completed the questions scan the QR code and mark them! How did you do?

Target Setting

Now that you have completed the summer homework it's important to set some targets to work towards when you start your lessons.

- 1) Which area do you think you need to practice?

- 2) How are you going to practice?

- 3) When are you going to complete this?

Well
done!

You have now finished! Enjoy the rest of your summer break and the Sports Department look forward to welcoming you in September.