

The structure and function of the skeletal system	R	A	G
State the name and location of the 19 main bones in the body			
Explain the six functions of the skeleton			
Describe how the skeletal system provides a framework for movement (in conjunction with the muscular system)			
Identify parts of a synovial joint			
State the articulating bones of the 2 hinge joints - knee and elbow			
State the articulating bones of the 2 ball and socket joints - shoulder and hip			
Describe the types of movement at the above hinge and ball and socket joints and apply to sporting examples			
Explain the roles of ligaments, cartilage and tendons			

The structure and function of the muscular system	R	A	G
State the name and location of the 13 main muscles in the body			
Give the definitions of agonist and antagonist			
Explain different types of muscular contraction – isometric, isotonic (concentric / eccentric)			
Be able to apply the above to sporting examples			

Components of fitness	R	A	G
Define Health and Fitness (including Mental, Physical and Social Health)			
Understand the relationship between Health and Fitness			
Define the 10 components of fitness			
Apply each component to sporting examples			
Describe the fitness test used for each component			
Understand how data is collected from fitness tests and be able to interpret this data			

Health, fitness and well-being	R	A	G
State what health, fitness and well-being are			
Explain the different health benefits of physical activity on your physical, emotional and social health			
Explain the consequences of a sedentary lifestyle (somatotypes, obesity, BMI)			

Diet and nutrition	R	A	G
Define a balanced diet			
State the % of fat, protein and carbohydrates expected in a balanced diet			
Explain the role of fats, proteins and carbohydrates in a balanced diet			
Explain the roles of vitamins and minerals in a balanced diet			

Explain the effect of diet and hydration on energy use in sport			
Explain the importance of hydration in a balanced diet and the consequences of an imbalanced diet			