|  |  |  |
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| **1.1a** | **Location of major bones** | |
| **List all the bones** | Draw your own skeleton and label |  |
|  |
| Ligaments | Tendons | Cartilage |

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| --- | --- | --- | --- |
| **1.1a** | **Functions of the skeleton** | | |
| **Support** | **Posture** | **Protection** | **Movement** |
| **Blood cell production** | | **Mineral Storage** | |

|  |  |  |  |
| --- | --- | --- | --- |
| **1.1a** | **Types of Synovial Joint** | | |
| **Knee** | **Elbow** | **Shoulder** | **Hip** |
| **Define synovial joint** | | **In each box state**   1. Movement 2. Articulating bones 3. Type of joint either hinge or ball and socket. | |

|  |  |  |  |
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| **1.1a** | **Movement types** | | |
| **Flexion** | **Extension** | **Rotation** | **Movement** |
| **Draw a picture of the movement, state a sporting exam and state the joint that it happens at.** | | | |
| **Abduction** | | **Adduction** | |