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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** |