

# Year 12 Transition

Welcome to Nailsea Sixth Form



KS5 Subject: **Sport & Physical Activity**

## Objectives for Transition Tasks:

- To start to develop expected 6<sup>th</sup> form study skills, including independence
- To culture an interest and passion for your chosen subject through enquiry
- To learn core concepts of the subject to use in your studies

## Watch:

1. What muscles are-[How your muscular system works - Emma Bryce - YouTube](#)
2. The muscular system explained-  
<https://youtu.be/rMcg9YzNSEs>
3. Flexion and extension-[Flexion vs. Extension \(EXPLAINED!\) - YouTube](#)



## Independent Task (to be submitted):

1. Watch the video clips to gain refresh your knowledge about the muscular system
2. Please label the names of the muscles on pages 2-5. On page 1 of the booklet the names of the muscles are highlighted in yellow for the correct spellings
3. Research the different types of movement show on page 6 of the booklet. Add in with an example your definition/description of the movement. Flexion is done for you as an example

## Read:

1. **Shoulder muscle-** <http://www.teachpe.com/anatomy-physiology/muscles/shoulder-joint-muscles/>
2. **Knee joint muscle-** <http://www.teachpe.com/anatomy-physiology/muscles/knee-joint-muscles/>
3. **Muscles of the ankle-** <http://www.teachpe.com/anatomy-physiology/muscles/lower-leg-and-ankle-muscles/>



## Aim Higher Task:

Deepen your knowledge. What is the active muscle for each example that you have given in the table that causes the movement to occur? Add the main agonist/prime mover to the active muscle section of the table.



**DEADLINE FOR TRANSITION TASK:** Please bring to your first lesson in September.