

OCR SPORT

LEVEL 3



Transition Task

Welcome to Level 3 SPORT where we will aim to get you the highest grade possible. I am very much looking forward to meeting you and starting the course in September. Should you need assistance or have any questions, please email:

msquires@morecambabayacademy.co.uk

You will complete a range of units some assessed through external exam others by internal assignments.

The following tasks will help you prepare for Unit 1:

- 1) Identify and learn the locations of the following bones on the Skeleton
Axial skeleton – cranium, sternum, ribs, vertebral column (cervical, thoracic, lumbar, sacrum, coccyx)
Appendicular skeleton – scapula, clavicle, humerus, radius, ulna, carpals, metacarpals, phalanges, ilium, ishium, pubis, femur, patella, tibia, fibula, tarsals, talus, metatarsals
Include a description of axial and appendicular skeleton;
 - Labelled diagram of each
 - Describe the structure and function of each
- 2) Make notes / diagrams describing the following joints: synovial joints – hinge (ie. Elbow, knee, ankle), ball and socket (ie. Shoulder, hip), pivot (ie. Neck, radio-ulnar), condyloid (ie. Wrist), saddle (ie. Thumb), gliding (ie. Processes of the vertebrae).
- 3) Make notes describing the types of bones: long, short, flat, irregular, sesamoid
 - Structure and function of each type of bone.
 - Examples of where found in the body
- 4) Make notes describing the 6 functions of the skeleton – shape, support, protection, movement, blood cell production, mineral storage
- 5) Identify and learn the locations of the following muscles:
Shoulder – deltoid, latissimus dorsi, pectoralis major, trapezius, teres major
Elbow – biceps brachii, triceps brachii
Radio-ulnar – pronator teres, supinator muscle
Wrist – wrist flexors, wrist extensors

Vertebral column – rectus abdominus, erector spinae group, internal and external obliques

Hip – iliopsoas, gluteus maximus, gluteus medius, gluteus minimus, adductor longus, adductor brevis, adductor magnus

Knee – rectus femoris, vastus medialis, vastus intermedius, vastus lateralis, biceps femoris, semimembranosus, semitendinosus

Ankle – tibialis anterior, gastrocnemius, soleus

Key Word Interpretation – “Describe” = paint a picture with words.

“Identify” = recognize / point out / state / list

