



Topic: Muscles and Joints

| | Chemistry HT1 | Progress | | |
|---------------------------|--|----------|---|---|
| Topic | Key ideas | R | A | G |
| Muscles and Joints | Identification of muscles within the body and their anatomical | | | |
| | Understand that the following types of movement | | | |
| | Knowledge of the structures of a synovial joint | | | |

| Lesson | Learning Focus | Assessment | Key Words |
|----------|----------------|------------|---|
| 1 | Muscles | Topic Test | latissimus dorsi, deltoid, rotator cuffs, pectorals, biceps, triceps, abdominals, hip flexors, gluteals, hamstring, quadriceps, gastrocnemius, tibialis anterior. |
| 2 | Synovial Joint | Topic Test | synovial membrane, synovial fluid, joint capsule, bursae, cartilage, ligaments. |
| 3 | Movement Types | Topic Test | Flexion, Extension, Abduction, Adduction, Rotation, Dorsi Flexion, Plantar Flexion. |
| 4 | Topic Test | Summative | KAI |