

SUMMER TASK

SPORT & P.E



In preparation for year one, you have some work to do over the summer.

TASK: 1

In preparation for your forthcoming study, this task will require you to investigate the structure of skeletal and muscular systems.

Part 1: Skeletal system

Search for a blank skeleton or draw your own and label the major bones in the body - if you can try and identify the different types of bones - flat bone, long bone etc...

Part 2: Muscular system

Create a revision guide for muscular movements - list the antagonistic muscle pairs at the hip, knee, elbow and shoulder (eg Biceps and Triceps). Which movements do these muscle pairs produce? (flexion, extension...)

TASK:2

Following on from task 1 we are staying with the body theme and in this task we will require you to investigate the structure and functions of the respiratory system.

The following tasks help to break down the report you are required to produce on the

respiratory system into manageable sections. All the information you need can be found on the first web-site that is listed below.

Watch the videos and use these to help you address each task.

www.brianmac.co.uk

1. Produce your own diagrams showing the main features of the lungs/respiratory system and then for each feature listed describe their main characteristics AND functions- nostrils, epiglottis, pharynx, larynx, trachea, bronchus, bronchioles, alveoli, pulmonary capillaries, lobes, pleural membranes, pleural fluid, diaphragm, intercostal muscles (external and internal).

TASK:3

With both the 2020 Olympic Games and EURO 2020 football events taking place in 2021 we would like you to reflect on the potential impacts of a global sports event of this type.

Prepare a document which details:

The positives and negatives of a global event.

what the impacts could be on the performer, society, the country hosting and the sport amongst other factors you may consider.

This task could be set out as a report, presentation or poster.