

OCR PHYSICAL EDUCATION

SUMMER WORK

2019-20

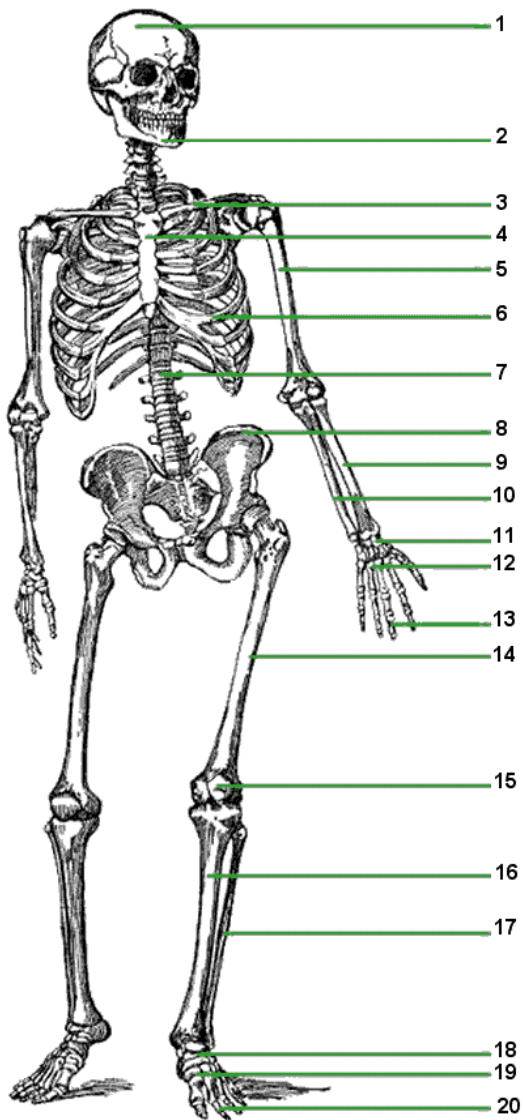


Name:

Candidate Numer:

Anatomy and Physiology:

Skeletal System (Skeleton)



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Axial Skeleton v Appendicular Skeleton

Describe the difference between the axial skeleton and the appendicular skeleton:

Mission Definition – Define the following terms IN YOUR OWN WORDS

Skeleton:

Skeletal Muscle:

Joint:

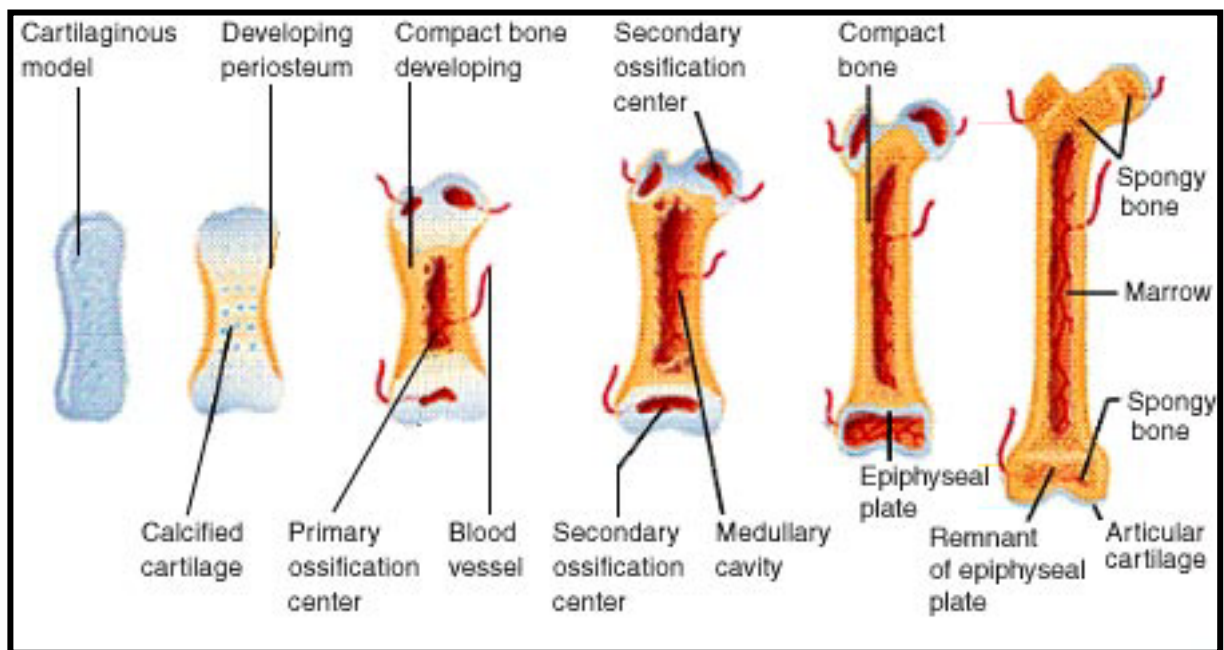
Appendicular Skeleton:

Ligament:

Tendon:

Diaphysis & Epiphysis:

Bone Growth!?



Explain in the space below how bones grow. Use anatomical key words to help.

Acquiring Movement Skills:

Skill Classification

We can analyse movement skills by classifying them. Psychologists have identified a range of classifications of characteristics to use:

Define the skill below:

Gross Skills:

Externally Paced -

Fine Skills:

Self (Internally) Paced -

Open Skills:

Closed Skills:

Discrete Skills:

Serial Skills:

Continuous Skills:

Socio-Cultural Studies:

Participation in physical activity

Physical activity is widely associated as being beneficial to health. BUT what is physical activity?

What about exercise? Define exercise AND explain the difference between exercise and physical activity:

What is a healthy, balanced lifestyle? Is this important in your opinion and if yes or no – why?

Do you think schools are doing enough to promote 'lifelong physical activity' or 'lifetime sporting opportunities': Support your answer with content from the book

My Summer to do checklist: Due September 7th 2016

Anatomy and Physiology work :

Aquiring Movement Skills work :

Socio Cultural Studies work :

Purchased breakers for AS folder :

Purchased **BIG** lever folder for all 3 sections :

Looked at the **specification** on OCR website >2016:

Decided upon the sport you will choose:

Joined the twitter group @gabbot_alevel :

Signed up to google drives:

£50 cheque/cash for A level Textbook and contribution to school trip