****

**Knowledge Rich Curriculum Plan**

GCSE PE - Skeletal System



| **Lesson/Learning Sequence** | **Intended Knowledge:**  *Students will know that…* | **Tiered Vocabulary** | **Prior Knowledge:**  *In order to know this students, need to already know that…* | **Assessment** |
| --- | --- | --- | --- | --- |
| **Lesson 1 - 1.1.a - Location of the major bones in the human skeleton** | * Know the name and location of the following bones in the human body | Location  Bone  Cranium  Vertebrae  Ribs  Sternum  Clavicle  Scapula  Pelvis  Humerus  Ulna  Radius  Carpals  Metacarpals  Phalanges  Femur  Patella  Tibia  Fibula  Tarsals  Metatarsals | * *The names and locations of most bones through Q&A in KS3 practical PE lessons - link to Bone and muscle of the week ‘Head content’ - E.g. Wet weather (Head) lesson - location of bones - link to Raul Jimenez (footballer) Fractured skull injury (Code red)* | * Targeted Questioning * Active plenary * Point to partner * Label the skeleton * Application task |
| **Lesson 2 - 1.1.a -Function of the skeleton** | * Understand and be able to apply examples of the functions of the skeleton | Function  Support  Posture  Protection  Movement  Blood cell  production  Store  minerals | * *They should know the name and locations of the bones and know what organs they protect - link to* ***Bone and muscle of the week*** *‘Head’ content from KS3 national curriculum practical lessons.* * *Link to* ***wet weather (Head) lesson*** *- functions of the skeleton - link to Raul Jimenez (footballer) Fractured skull injury - cranium protects brain / rib cage protects heart and lungs* | * Pose pause pounce bounce * Targeted questioning * White boards Q&A * Application task |
| **Lesson 3 - 1.1.a - types of synovial joints** | * Types the definition of a synovial joint * Know the following hinge joints (knee / elbow) * Know the following ball and socket joints (hip / shoulder) | Synovial  Joint  Articulating  Hinge  Ball & Socket | * *Know the names of the main joints in the human body* * *Know that movements occur at joints* | * White board Q&A * Worksheet (SA/PA) * Application task |
| **Lesson 4 - 1.1.a - types of movement at hinge joints and ball and socket joints** | * Know the types of movement at hinge joints and be able to apply them to examples from physical activity / sport * Know the types of movement at ball and socket joints and be able to apply them to examples from physical activity/sport | Joint  Hinge  Ball & socket  Flexion  Extension  Rotation  Adduction  Abduction | * *The names and locations of the bones that make up the hinge and ball and socket joints* * *Know the names of the main joints of the body* * *Can identify a hinge and ball and socket joint* * *Know the difference between a ball and socket joint* * *A range of sporting actions - link to KS3 national curriculum* | * Application task - SA/PA * Targeted questioning * Pose, pause, pounce, bounce |
| **Lesson 5 - 1.1.a - Know the other components of joints** | * Know the roles of cartilage, ligaments and tendons | Cartilage  Ligaments  Tendons  Elasticity  Grinding  Connectivity  Stabilise | * Injuries that have occurred to elite sports performers   + David Haye / Yannick Bolasie (Achilles Tendon rupture)   + Anterior cruciate ligament injury - Virgil Van Dijk / Joe Gomez / Alex Oxlade Chamberlain | * Application task * Targeted questioning |