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**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**  |
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| **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
 | LocationBoneCraniumVertebraeRibsSternumClavicleScapulaPelvisHumerusUlnaRadiusCarpalsMetacarpalsPhalangesFemurPatellaTibiaFibulaTarsalsMetatarsals | * *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
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| **Lesson 2 - 1.1.a -Function of the skeleton** | * Understand and be able to apply examples of the functions of the skeleton
 | FunctionSupportPostureProtectionMovementBlood cellproductionStoreminerals | * *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
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| **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)
 | SynovialJointArticulatingHingeBall & 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
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| **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
 | JointHingeBall & socketFlexionExtensionRotationAdductionAbduction | * *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
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| **Lesson 5 - 1.1.a - Know the other components of joints** | * Know the roles of cartilage, ligaments and tendons
 | CartilageLigamentsTendonsElasticityGrindingConnectivityStabilise | * 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
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