## GCSE PE Learning Journey: Topic 1 - Applied Anatomy and Physiology The Musculo-Skeletal System.

Step 9: How the skeletal and muscular systems work together

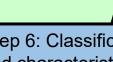
How both systems work together to allow participation in sport

Step 8: Antagonistic pairs of muscles, muscle fibre types

Agonist and antagonist muscle pairs to create opposing movement at joints. Fast and slow muscle fibres

Step 7: Location and role of the voluntary muscles

12 muscles and their specific movement during sporting activity



Step 4: Classification of joints

4 types and their impact on the range of possible movements

Step 5: Movement at joints, role of ligaments and tendons

8 movements, and the ways they are utilised in different sporting contexts

Step 6: Classification and characteristics of muscle types

Voluntary, involuntary and cardiac muscles and their roles in sport

Step 3: Structure of the skeleton

19 bones (and vertebral column) and their classification



Step 2: Classification of bones

4 types of bones and how they affect performance

Step 1: Functions of the skeleton

The 5 functions applied to performance in sport













