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Teacher's Introduction

Overview

This resource has been produced to support teaching and learning of the **BTEC Nationals in Sport and Exercise Science** specification **Unit 2: Functional Anatomy**. The learning content is covered by the following sets of keywords with matching descriptions, which cover all of the Learning Aims for the topic:

Anatomical positions, terms and references	Process of bone growth and remodelling	Neuromuscular process of muscle contraction
Location, anatomy and function of the cardiovascular system	Types of bone and functions of the skeleton	Muscle contractions and antagonistic pairs
Function of the cardiovascular system and the cardiac cycle	Bones of the axial skeleton	Location of upper body and trunk muscles
Location, anatomy and function of the respiratory system	Bones of the appendicular skeleton	Location of lower body muscles
Function of the respiratory system and control of breathing	Ligaments and joints	Types of movement and planes of movement
Anatomy of the bones	Muscle types	Phases of movement and muscular and skeletal movement analysis

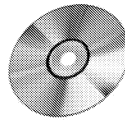
For each set, there are a number of different keyword activities on CD designed to give you a range of different options for classroom, homework and revision. This variety enables you to take a different approach to different topics – such as using the Crosswords as homework for one topic, and the Match Up as a starter for another.

Alternatively, differentiate the activity for a given topic; for example, you might want to give your stronger students the **Crosswords** early on while you start weaker learners on the **Match Up** (where terms and definitions are both available). **Domino** and **Bingo** activities add an element of fun and reinforcement, as well as potential for pair and group work. Finally, the **Flash Cards** come into their own for revision and the **Table Fill** and **Write Your Own Glossary** allow students to test their understanding by correctly filling in keywords or definitions.

For more information about the different activities included, see overleaf →

Digital Format!

All of the activities are provided electronically on the accompanying CD. To use on a school network, the entire contents of the CD needs to be copied and pasted into an accessible location.



Providing easy access to the activities are two HTML menus:

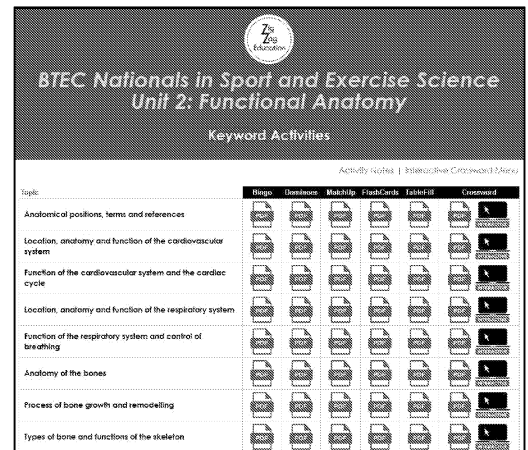
1. Access All Menu



Location: [index.html](#)

This menu, designed primarily for teacher use, includes links to everything on provided on the CD – allowing you to easily select what you need when preparing your lessons.

If you intend to give learners access to this menu, then be aware that it does include links to the solutions.



2. Interactive Crossword Menu



Location: [interactive-crosswords/index.html](#)

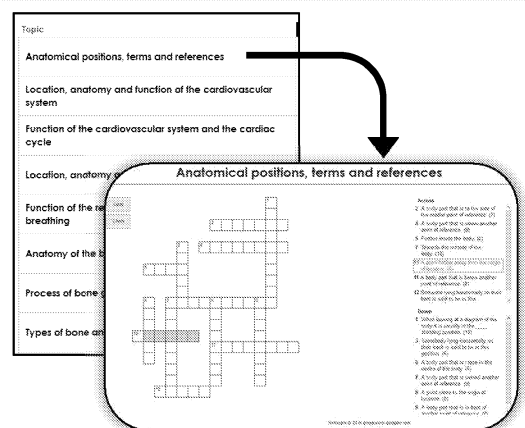
This menu, which can be accessed via the *Access All* Menu is included to allow learner access to just the interactive crosswords (without the answers).

Free Updates!

Register your email address to receive any future free updates* made to this resource or other PE resources your school has purchased, and details of any promotions for your subject.

* resulting from minor specification changes, suggestions from teachers and peer reviews, or occasional errors reported by customers

Go to zedd.uk/freeupdates



Activity Types

All activities are provided as PDF files, allowing for easy printing and sharing on your school's internal network or VLE. In addition, each of the single-page activities (*crosswords*, *match up* and *table fill*), as well as the solutions, are provided on paper too.

The activities included in this resource are as follows:

Bingo

Each student is given a different bingo card containing a selection of words from the set. The teacher reads the definitions using the Keyword Answers and the student must match the definition to the words on their card to complete rows, columns, and the full bingo card.

✓ PDF

Crosswords

These traditional keyword activities are equally effective as lesson or homework activities – and are also an excellent way to ease students into their revision programme.

✓ PDF ✓ PAPER



In addition to the photocopiable worksheets and pdf, the crosswords are provided in interactive format on the accompanying CD-ROM. These are web-based (HTML5) and will run straight from your Internet browser.

Dominoes

This is essentially another match-up activity, but this one is designed to be used in a more active way to engage students. It is recommended that students work in pairs or small groups.

✓ PDF

Half of each card contains a keyword, and the other contains a description. To complete the activity, students must align all the cards in the correct order. There is a 'Start' and a 'Finish', meaning that if any cards are left outside of the chain, then students have gone wrong somewhere.

Match Up

Students match descriptions to their keyword by drawing lines between them. Because there are similar descriptions and keywords, students are likely to make the odd mistake while completing the activity, so it is recommended that they use a pencil to start with! By eliminating the keywords that they are familiar with, students can then think about and learn the ones that they are less confident with.

✓ PDF ✓ PAPER

Flash Cards

These are a helpful revision tool. To make the cards, fold the page in half, then cut each card and stick together so the keyword is on one side and the definition the other. In addition, students could use these to play a game of pairs. Cut each card in two and place face down on the table.

✓ PDF

Students will then take it in turns to turn over two cards with the aim of matching up a keyword to its definition. Matched up cards are removed and the game is finished when all the cards have been matched.

Table Fill

Nothing fancy – students simply write the keyword which is being described, without any other help. Because this activity tests the students' own knowledge, it is best used as a homework activity at the end of each topic or during revision. This then acts as a check that they have grasped the key terminology for each topic. Alternatively, they could be given to students at the beginning of the topic, to see what they already know.

✓ PDF ✓ PAPER

Write Your Own Glossary

Like the Table Fill, this activity can be used to test pupils before learning a topic, or as a revision tool after learning a topic. Students are given a list of the keywords and need to produce their own definitions. Using Table Fill and Write Your Own Glossary, lessons can be differentiated for all levels of learner.

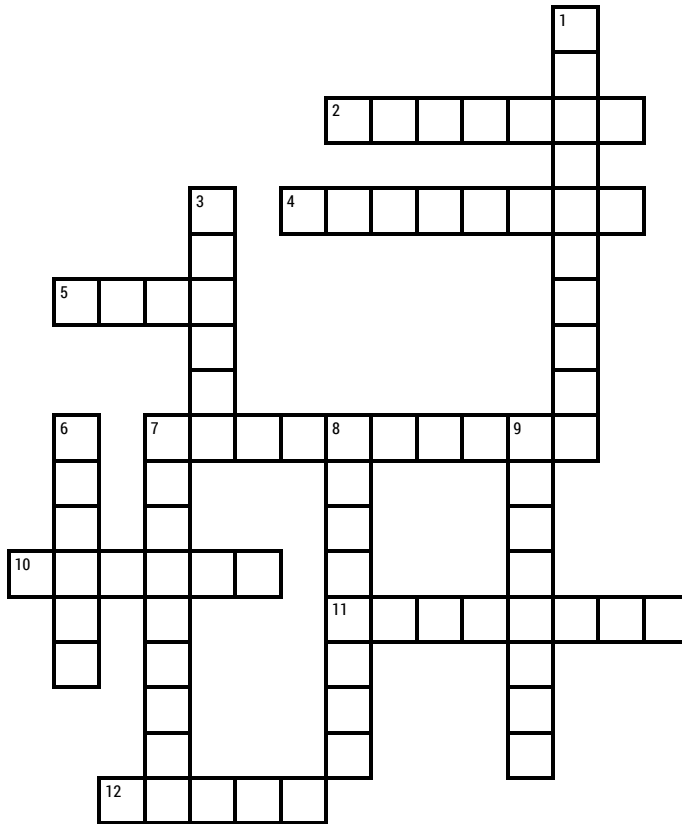
✓ PDF

Selected Activities and Completed Glossary Page

This sample shows one example of several activities.
The whole resource contains approximately 130 activities –
6 or 7 activities for each of the 18 topics.

The resource covers 314 key terms.

Anatomical positions, terms and references



Across

- 2** A body part that is to the side of the medial point of reference. (7)
- 4** A body part that is above another point of reference. (8)
- 5** Further inside the body. (4)
- 7** Towards the outside of the body. (10)
- 10** A point further away from the origin of location. (6)
- 11** A body part that is below another point of reference. (8)
- 12** Someone lying horizontally on their front is said to be in this position. (5)

Down

- 1** When looking at a diagram of the body it is usually in the ___ standing position. (10)
- 3** Somebody lying horizontally on their back is said to be in this position. (6)
- 6** A body part that is close to the centre of the body. (6)
- 7** A body part that is behind another point of reference. (9)
- 8** A point close to the origin of location. (8)
- 9** A body part that is in front of another point of reference. (8)

Anatomical positions, terms and references *(Table Fill)*

The standardised stance that humans take to aid points of reference.	
A body part that is in front of another point of reference.	
A body part that is behind another point of reference.	
A body part that is to the side of the medial point of reference.	
A body part that is close to the centre of the body.	
A point close to the origin of location.	
A point further away from the origin of location.	
A body part that is above another point of reference.	
A body part that is below another point of reference.	
Towards the outside of the body.	
Further inside the body.	
Position in which a person is lying horizontally with their back to the ground, facing up.	
Position in which a person is lying horizontally with their face to the ground.	

Anatomical positions, terms and references *(Match Up)*

1	A body part that is above another point of reference.
2	A body part that is behind another point of reference.
3	A body part that is below another point of reference.
4	A body part that is close to the centre of the body.
5	A body part that is in front of another point of reference.
6	A body part that is to the side of the medial point of reference.
7	A point close to the origin of location.
8	A point further away from the origin of location.
9	Further inside the body.
10	Position in which a person is lying horizontally with their back to the ground, facing up.
11	Position in which a person is lying horizontally with their face to the ground.
12	The standardised stance that humans take to aid points of reference.
13	Towards the outside of the body.

Anatomical standing position	
Anterior	
Posterior	
Lateral	
Medial	
Proximal	
Distal	
Superior	
Inferior	
Peripheral	
Deep	
Supine	
Prone	

Anatomical positions, terms and references

