

# Year 7 Knowledge Organiser – Movement

## Key words:

**Joints:** Places where bones meet.

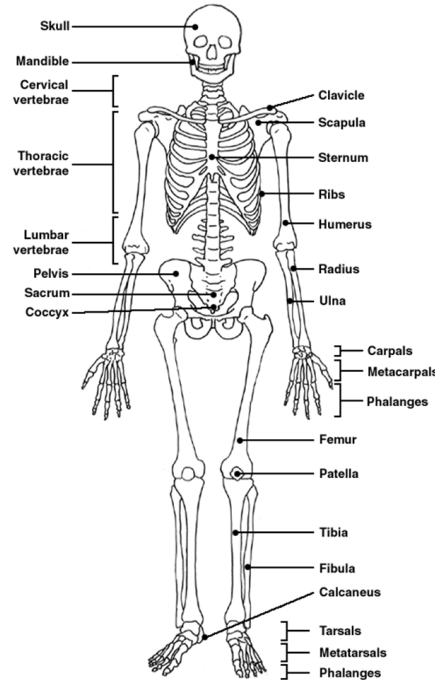
**Bone marrow:** Tissue found inside some bones where new blood cells are made.

**Ligaments:** Connect bones in joints.

**Tendons:** Connect muscles to bones.

**Cartilage:** Smooth tissue found at the end of bones, which reduces friction between them.

**Antagonistic muscle pair:** Muscles working in unison to create movement.



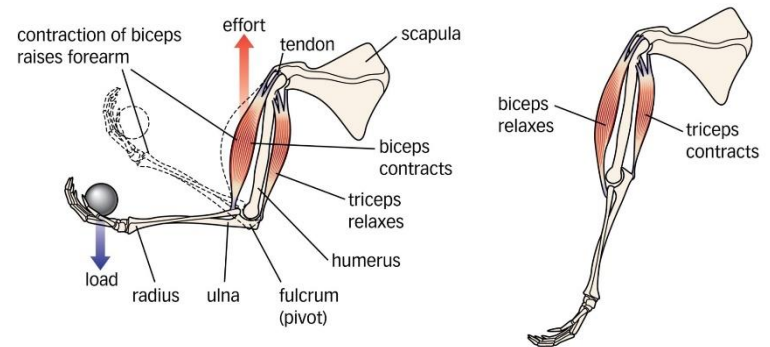
## Bones

The parts of the human skeleton work as a system for support, protection, movement and the production of new blood cells.

Our skeleton is made of more than 200 bones. Calcium, phosphorous and vitamin D make the bone strong but slightly flexible. If you don't get enough nutrients bones become brittle and break easily.

## Muscles

Bones only move because of muscles pulling on them. Muscles work in pairs called antagonistic pairs. When one muscle contracts and the other relaxes. If one of the muscles is damaged you won't be able to move the bones at the joint.



## Websites that might be useful:

<https://www.bbc.com/bitesize/guides/zpkq7ty/revision/1>

<https://www.bbc.com/bitesize/articles/z26xgdm>

(dissection of a chicken leg – not needed but if you are interested in what the parts look like in real life).

Extension site to explore

<https://www.stem.org.uk/resources/community/collection/12272/skeletal-and-muscular-systems-including-biomechanics>

## A synovial joint

