

KEY

Key Word	Definition
Joint	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.



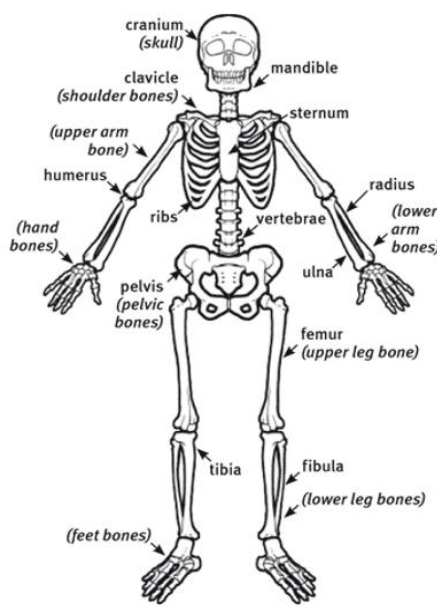
KEY KNOWLEDGE

There are four functions of the skeleton:

- **Support:** - The skeleton supports the body e.g. without a backbone we would not be able to stay upright.
- **Protection** - The skeleton protects some of the vital organs in the body e.g. the skull protects the brain.
- **Movement** - Tendons attach muscles to bones. When skeletal muscles contract, this pulls the bones and creates movement
- **Blood production** – red blood cells are produced in bone marrow. Red blood cells carry oxygen around the body.

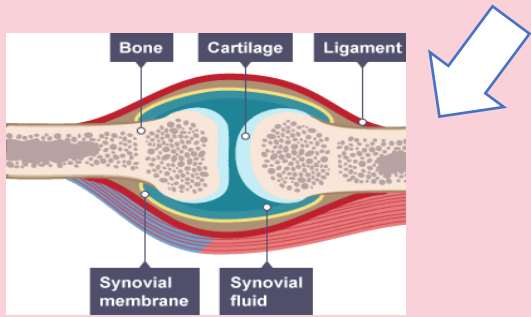
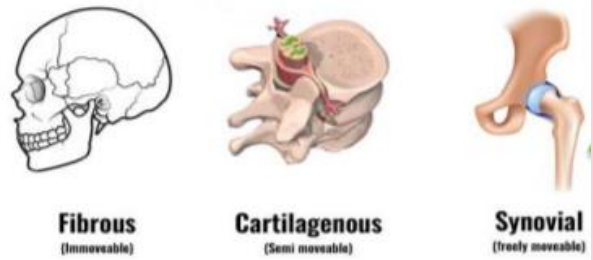


KEY



KEY KNOWLEDGE

3 Types of joint:



Joints

Bones are linked together by joints. Most joints allow different parts of the skeleton to move. The human skeleton has joints called **synovial joints**.

The synovial joint.

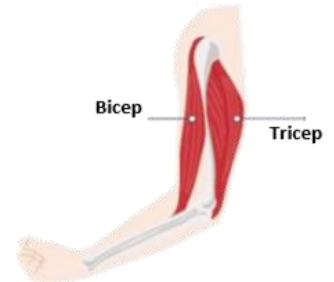
If two bones just moved against each other, they would eventually wear away. This can happen in people who have a condition called arthritis. To stop this happening, the ends of the bones in a joint are covered with a tough, smooth substance called cartilage. This is kept slippery by a liquid called synovial fluid. Tough **ligaments** join the two bones in the joint and stop the joint falling apart.



KEY KNOWLEDGE

Antagonistic Muscles:

- Muscles work by getting shorter.
- Muscles can only pull and can't push.
- Muscles work in pairs.
- When you raise your forearm, the biceps contract and the triceps relax.
- When you lower your forearm, the biceps relax and the triceps contract.



Y7 Movement



FURTHER READING

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