

## OBHS Core Questions:

Subject: GCSE PE

Year and Term: Year 11 **Autumn** 1

Topic: Body systems – Skeletal System and Muscular System (Component 1)



Learn these questions to build a strong foundation of knowledge for this half-term. Ask family or friends to test you regularly, or practise on your own using the 'Look, Say, Cover, Write' method.

	Question	Answer
1.	Name the bones in the arm.	Humerus Ulna Radius
2.	Name the bones in the leg.	Femur Patella Tibia Fibula
3.	Name the functions of the skeletal system.	Production of blood cells. Mineral storage. Protection. Muscle attachment. Formation of joints for movement.
4.	Name the 4 classifications of bones.	Long Short Flat Irregular.
5.	What are the 4 classifications of joints?	Hinge. Ball and Socket. Pivot. Condyloid.
6.	What type of joint is formed at the shoulder?	Ball and Socket.
7.	What range of movement can the shoulder joint perform?	Abduction and adduction Rotation Flexion and extension. Circumduction
8.	What is the function of the tendons?	Join muscle to bone.
9.	What is the function of the ligaments?	Join bone to bone.
10.	Name the 3 types of muscles.	Cardiac. Involuntary. Voluntary.
11.	What is an antagonistic muscle pair?	A pair of muscles that work together to create movement; one contracts while the other relaxes.
11.	Name the antagonistic muscle pair in the arm.	Triceps. Biceps.
12.	Name the antagonistic muscle pairs in the leg.	Quadriceps and Hamstrings. Gastrocnemius and Tibialis Anterior. Hip Flexors and Gluteus Maximus.
13.	What muscle fibres are best suited to endurance events like long distance running?	Slow twitch type I.
14.	What muscle fibres are best suited to power events such as 100m sprint?	Fast twitch type IIx.