

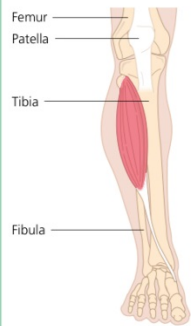
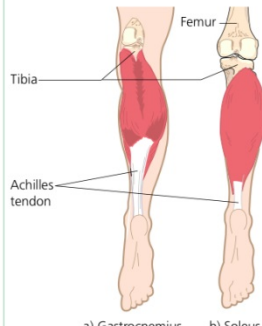
A level PE Summer Task

Anatomy and Physiology Task

- It's really important to keep on top of your anatomical knowledge as there is far more detail than in GCSE PE. It is easy to forget this information. So little and often is key to increasing your working knowledge.

Task

- Create and learn a detailed movement analysis table for the following joints.
- Shoulder, elbow, wrist, hip, knee and ankle.
- You must include the –Type of joint, articulating bones, type and plane of movement, antagonist muscles for the movement and an example of how it is applied in practise, a diagram or picture of the working muscles.
- This is the ankle completed accept the practical application. Present all other joints as follows.

Joint type	Hinge joint	
Articulating bones	Tibia, fibula and talus	
Movement	Sagittal plane	
Agonist muscles	Dorsi-flexion	Plantar flexion
	Tibialis anterior 	Gastrocnemius and soleus 
Practical application		

