

Activity 1

Research the following sections on the left hand side for the Veins, Arteries and Capillaries

	Veins	Arteries	Capillaries
Function			
Diagram			
Link between structure and function			
Interesting fact			
Any other information			

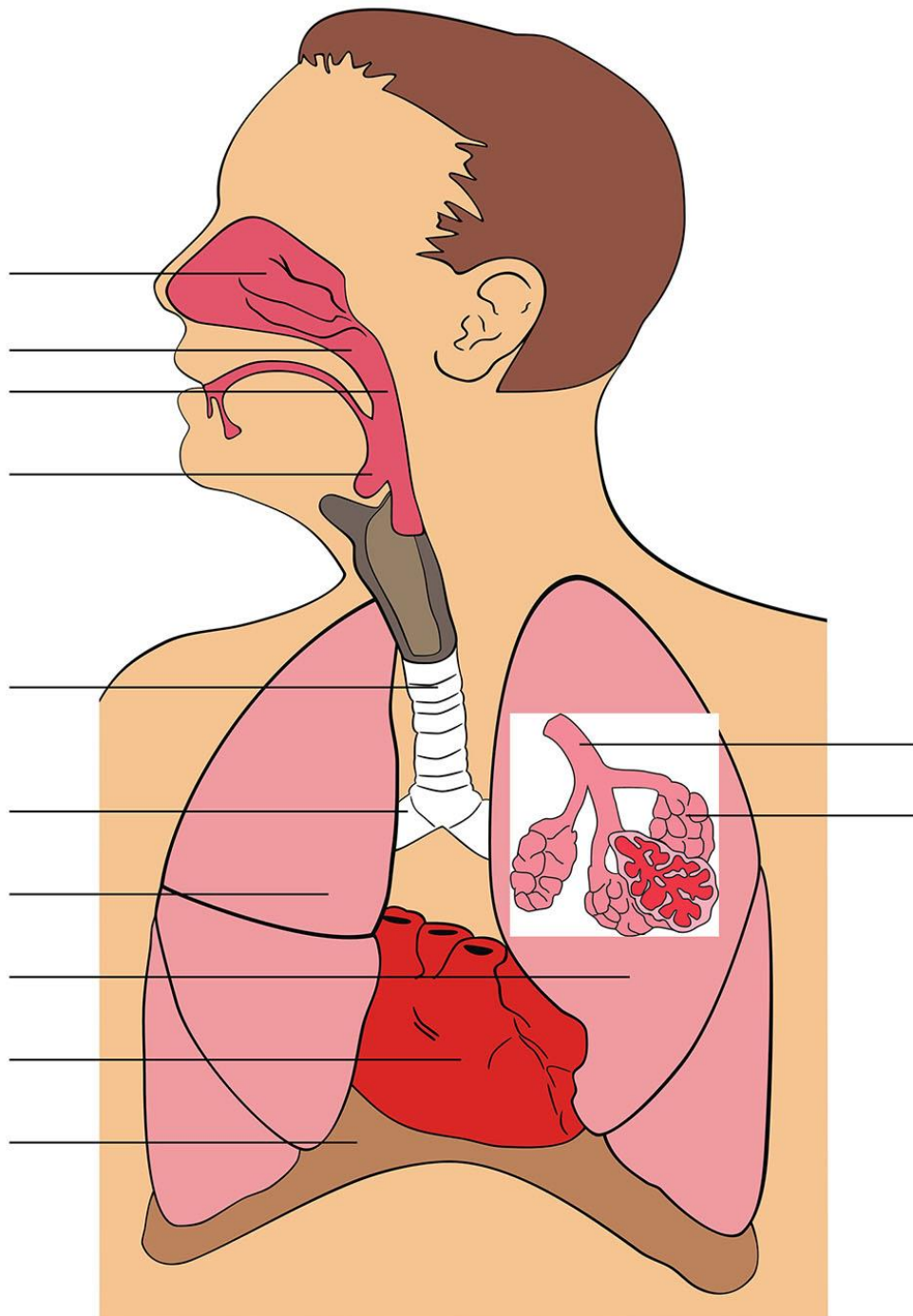
Activity 2

Complete the table

Exercise/activity	Agonist muscle/s	Antagonist muscle/s	Fixator muscle/s	Synergist muscle/s
<i>Example:</i> Press up	<i>Down phase – pectorals</i> <i>Up phase – trapezius, deltoids</i>	<i>Down phase – trapezius, deltoids</i> <i>Up phase – pectorals</i>	<i>Rotator cuff, abdominals, quads</i>	<i>Biceps, triceps</i>
Sit Up				
Pull up				
Box Jump				

Activity 3

Complete the diagram below



Activity 4

Fill out the box below, with the function and then how it carries out this function. The functions are (Movement, Protection, Blood Cell Production, Support)

Type of bone	Function	How this type of bone carries out this function
Long		
Short		
Flat		
Irregular		
Sesamoid		