

# PHYSICAL EDUCATION KS4

**At the start of a unit** students are given a check list and have to rate their knowledge and understanding of each sub topic within the unit upon completion. At the end of each topic students complete an end of unit test/ quiz and set themselves a target.

SECTION 1: ANATOMY & PHYSIOLOGY			
Name:			Target Grade:
Topic	Rating	Pop Quiz %	Target to Improve
Somatotypes	😊😊	78%	BE MORE SPECIFIC ON SOME OF MY CLASSICS.
Names of Muscles	😊	92%	REVIEW MORE ON INHIBITORY MUSCLES AND WHAT A SYNERGIST IS.
Joints			
Movement at Joints			
Antagonist/Agonist			
Muscle tone and posture			
Function of Skeletal system			
Names of bones			
Circulatory system			
Effects of exercise on C system			
Respiratory system			
Effects of exercise on R system			
Blood			
Oxygen debt			
Recovery from exercise			

**Some lessons** At the start of the lesson students stick the Learning Objectives in their books and rate their knowledge at the start and at the end of the lesson in relation to the LO's. This helps to create an awareness of students' progress and their level of confidence within certain topics.

Tuesday 8th September 2015

Challenges	Start of Lesson		End of Lesson	
	😊	😐	😊	😐
1. To remember the three extreme Somatotypes (D).	✓		✓	✗
2. To understand what a Somatotype is in relation to specific sports (B/C).		✓	✓	
3. To explain what a Somatotype is and how to grade a person's Somatotype (A/A*).		✓		✓

Student homework and work is marked on a two week cycle and feedback and next steps are provided by the class teacher. Students use their MRI pens to respond to the feedback given to them which helps to create a dialogue with both teacher and student.

Physiological problems

Synovial fluid - Synovial membrane puncture =  
leaking of synovial fluid.

Hyaline cartilage - deterioration - joint rubbing  
Arthritis

Ligaments - loose ligaments = dislocation of joints  
Fractures - Extreme pain + dislocation  
takes long time to heal

Excellent video on Arthritis, keep up the good work!  
NO Question - Describe the 5 functions of the skeletal system (3)