Knowledge organiser Big idea:

Y7 topic: MOVEMENT

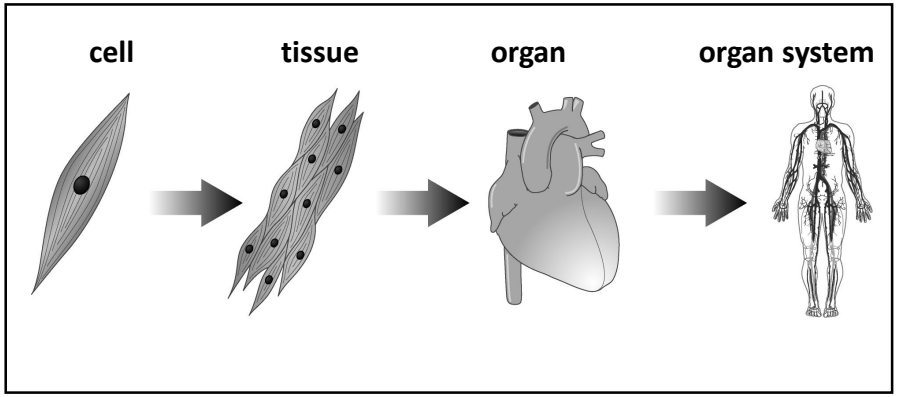
I have already learned:
In KS2: to identify and name the main parts of the circulatory system, and explain the functions of the heart, blood vessels and blood.

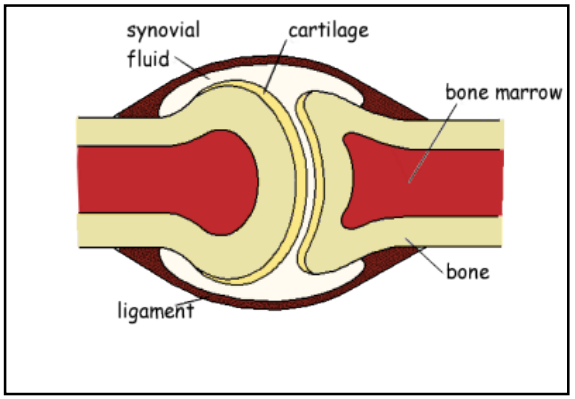
This topic links to:
KS3: Uses of muscles in other body systems such as breathing (Y8), digestion (Y8).
KS4: Organisation unit.

It is important to study about movement because…
The musculoskeletal system provides our bodies with shape, protection of our internal organs and the ability to move. Every time you sit, stand, walk, jump and talk you're using the musculoskeletal system. Without this system or if it's injured and not able to function properly, our ability to complete these everyday tasks is greatly hindered.

Possible careers involving movement are…
Physiotherapist
Radiologist
Doctor
Midwife
Geneticist
Sports coach
Occupational therapist

Key Word	Definition
musculoskeletal system	Organ system containing the skeleton and muscles.
tissue	A group of similar cells working together e.g. muscle tissue
organ	Different tissues work together in an organ e.g. the heart
organ system	Organs work together in an organ system, for example, the circulatory system.
organism	A living thing e.g. a human
joints	Places where bones meet.
bone marrow	Tissue found inside some bones where new blood cells are made.
ligaments	Connect bone to joins.
tendons	Connect muscles to bone.
cartilage	Smooth tissue found at the end of bones, which reduces friction between them.
antagonistic muscle pair	Muscles working in unison to create movement. For example to bend your arm the bicep muscle contracts while the tricep muscle relaxes.
contract	To get shorter, e.g. your bicep contracts when pulling your arm up.





Functions of the skeleton	
support	Holds vital organs in place, bones are very strong and without them we would be floppy.
protection	Bones are hard and strong so they protect vital organs like the brain, heart, lungs and backbone.
movement	Muscles are attached to your bones. If a muscle pulls on a bone it will cause that bone to move.
making blood cells	Some of your bones, such as the ones in your arm and leg have soft bone marrow in the middle of them. The bone marrow produces red and white blood cells.