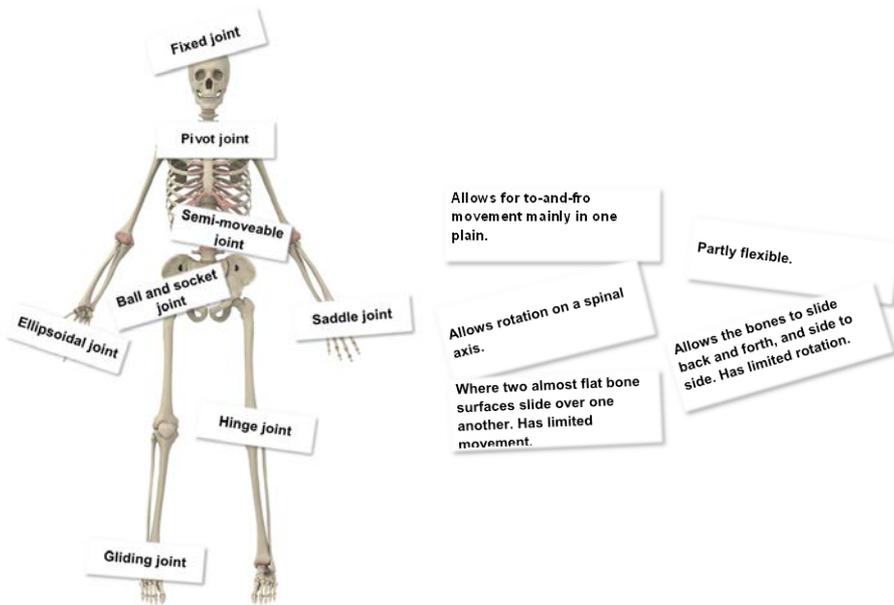


Unit 1 – Principles of anatomy and physiology in sport

Joint Games

Instructions and answers for Teachers



Activity 1 – 15 minutes
 Activity 2 – 15 minutes
 Activity 3 – 15 minutes

An A3 version of the skeleton diagram can be downloaded from the OCR website – Cambridge Technicals Sport Level 2 Support Materials.

These activities can be used to consolidate learning of joints and movement. Suggested answers are provided at the end of this document.



Joint shuttles

1 – Where does it go?

Split the class into groups of 5. At one end of the sports hall place a set of joint cards for each team (column 1 of resource 1); the team should be at the other end of the sports hall. One at a time a player runs and collects one card. The process is repeated until all the joint cards have been collected. The winning team is the first to have collected all their cards and placed them correctly on the skeleton diagram (resource 2) to identify an example of where that joint can be found.

2 – Joints and Movement

Split the class into groups of 5. At one end of the sports hall place a set of joint and movement cards (resource 1) **face down** for each team, the team should be at the other end of the sports hall.

One at a time a player runs and turns over two cards – the player is looking for a joint and its corresponding movement. If the player turns over a matching pair they can leave the cards turned face up – if the cards do not match they must turn both cards back face down. Player two runs and repeats the process. The winning team is the first to have correctly turned over all their matching pairs.

Extension

The activity could be extended with the teams placing the matching pair on the skeleton diagram to identify an example of where that joint can be found.

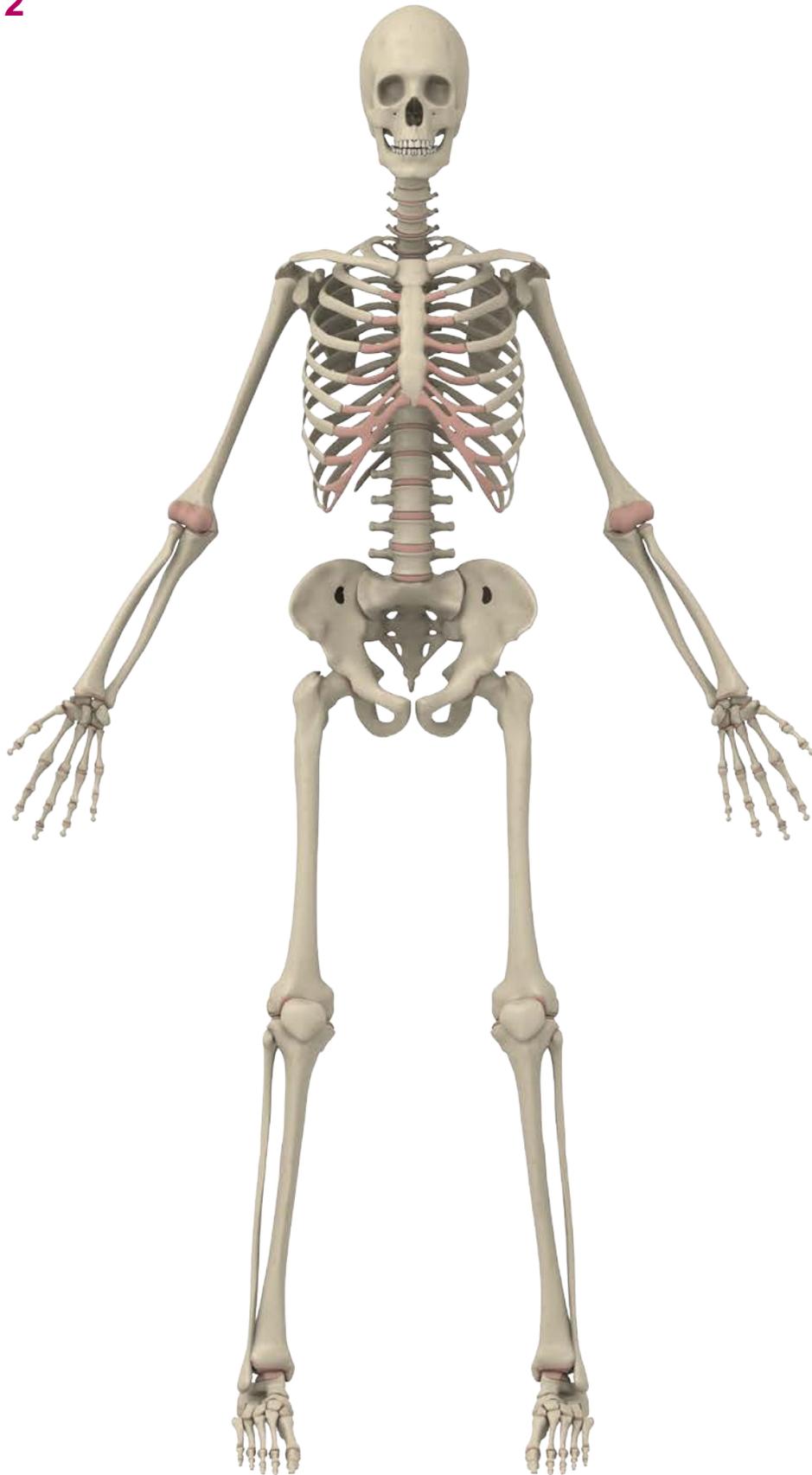


Resource 1

Fixed joint	No/limited movement.
Semi-movable joint	Partly flexible.
Pivot joint	Allows rotation on a spinal axis.
Ball and socket joint	Allows a wide range of movement.
Hinge joint	Allows for to-and-fro movement mainly in one plain.
Saddle joint	Allows the bones to slide back and forth, and side to side. Has limited rotation.
Ellipsoidal joint	Allows the joint to flex and move side to side. Has limited rotation.
Gliding joint	Where two almost flat bone surfaces slide over one another. Has limited movement.



Resource 2



Suggested answers

Examples of joints:

Fixed joint – between the bones in the skull

Semi-movable joint – between two vertebrae

Pivot joint – Top of the neck

Ball and socket joint – Shoulder or hip

Hinge joint – elbow or knee

Saddle joint – thumb

Ellipsoidal joint – wrist or ankle

Gliding joint – intercarpal joints

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OCR Resources: *the small print*

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Skeleton image: Sebastian Kaulitzki/Shutterstock.com

