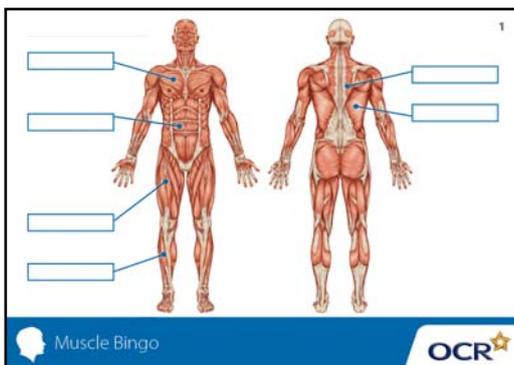


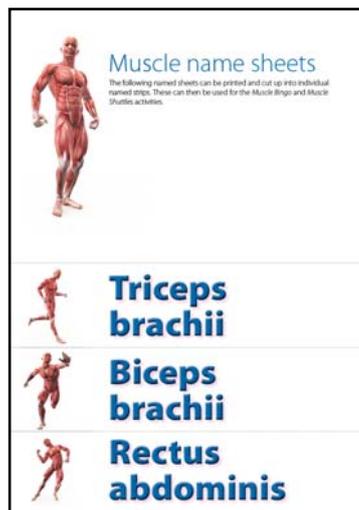
Unit 1 – Principles of anatomy and physiology in sport

Muscle Games

Instructions and answers for Teachers



Resource 1



Resource 2

Associated files:
Muscle bingo
Muscle name sheets

Muscle bingo –
approx. 15 minutes

Muscle shuttles –
approx. 20 minutes



This activity offers an opportunity for English skills development.

Muscle bingo

Split the class into groups of seven. Give six of the learners a different body sheet (Resource 1). The seventh player should have the muscle cards (Resource 2) in a bag/box. One at a time player 7 should pull a card out and shout out the name of the muscle. For additional games the players should take turns at being player 7.

The six other players should write the name of the muscle **if** they have a relevant box identifying it on their sheet. The winner is the first player who completes all their muscles correctly.



Muscle shuttles

Split the class into groups of five. At one end of the sports hall place a set of muscle cards for each team, the team should be at the other end of the sports hall.

Head to Toe

One at a time a player runs and collects one card. The process is repeated until all the muscle cards have been collected. The winning team is the first to have collected all their cards and place them in the correct order they appear in the body – from head to toe.

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OCR Resources: *the small print*

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