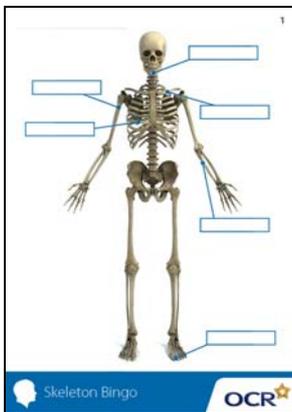


## Level 2 Unit 2 – Anatomy and physiology for sport

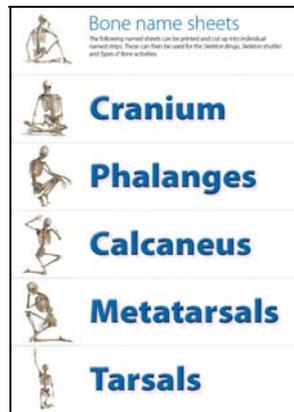
## Level 3 Unit 1 – Principles of anatomy and physiology in sport

### Skeleton Games

#### Instructions and answers for Teachers



Resource 1 – 10 different sheets



Resource 2 – 23 named bones



Resource 3 – 5 type options

Associated files:

Skeleton bingo  
Bone name sheets  
Types of bone

**Skeleton bingo** – approx. 15 minutes  
**Skeleton shuttles** – approx. 20 minutes  
**Types of bone** – approx. 10 minutes



This activity offers an opportunity for English skills development.

### Skeleton bingo

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

The other six players should write the name of the bone in the correct box if they have an arrow identifying it on their sheet. The winner is the first player who fills in all the blanks on their skeleton correctly.



## Skeleton shuttles

Split the class into groups of five. At one end of the sports hall place a set of bone 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 bone cards have been collected. The winning team is the first to have collected all their cards and placed them in the correct order they appear in the skeleton – from head to toe.

### Types of bone

Split the class into groups of five. Give each group a set of bone cards and ask them to place each bone into the correct category (Resource 3).

*LONG / SHORT / FLAT / IRREGULAR / SESAMOID.*

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#### **OCR Resources: the small print**

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