






PE Department Theory Tasks

Task One: Muscle Groups

Each part of your body is surrounded by a muscles, which means every body part is also surrounded by muscles.

From the list below you need to point out the major muscle groups that surround that area of the body.

Part of the body	Image	Muscle group
Shoulder		The muscles around the shoulder are:
Elbow		The muscles around the elbow are:
Hip		The muscles around the hip are:
Knee		The muscles around the knee are:
Ankle		The muscles around the ankle are:

Task Two: Structure of the Skeleton

Your task is to label the diagram of the skeleton below.

Extension:

How do the bones connect together?

What are the Functions of the skeleton?

