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| **EXTENTION QUESTION:** Explain what an antagonistic pair is (2) |  | ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** What does cartilage do? (1) |
| **EXTENTION QUESTION:** What is the main jobs of ligaments? (1) |  | ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** explain the movement and joint at the hip (4) |
| n  ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** What movement occurs at the shoulder joint? (2) |  | ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** Give a sporting example that demonstrates flexion at the elbow (1) |
| ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** What is the role of flat bones in the body, give a sporting example. (3) |  | ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** What is the role of short bones in the body, give a sporting example. (3) |
| ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** What is the job of a quadriceps ad what its pair (2) |  | ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** Identify an exercise activity that will use a short bone and why (2) |
| ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** Protection is a function name and explain another function (2) |  | ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** What is the sporting benefit of stronger bones andswhat mineral helps increase strength (3) |
| ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** Ben and Jake are basketball players. Explain how each type of joint will help in their performance (8) |  | ………………………………………………….………………………………………………….………………………………………………….…………………………………………………………………………………………………………………………………………………  **EXTENTION QUESTION:** The shoulder is an example of a ball and socket joint. One possible range of movement at a ball and socket joint is flexion to extension.  State the other **two** ranges of movement possible at a ball and socket joint. (2) |