**HOME LEARNING: Muscle Movement**

Agonist / Antagonist Muscles

Origin and insertion

1. Label what movement is taking place
2. Tell me what the agonist/antagonist muscles are in the following pictures.
3. Label the Origin and Insertion



Elbow 1)\_\_\_\_\_\_\_\_\_. Hip 1) \_\_\_\_\_\_\_\_\_\_.

Agonist Muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Agonist Muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Antagonist Muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Antagonist Muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_



Knee 1)\_\_\_\_\_\_\_\_\_. Plantar 1)\_\_\_\_\_\_\_\_\_\_.

Agonist Muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Agonist Muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Antagonist Muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Antagonist Muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Written Task**:

Explain what happens to someone’s arm when they go for a shot in basketball

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

……………………………………………………………………………………………………………………………………………...............

**Monday 4th November 2019**

**Skeletal Muscels**

|  |  |  |
| --- | --- | --- |
| Target | **Good Progress** | **Outstanding Progress** |
| 3-4 | Identify the location of *some* key muscles and *know* what antagonistic pairs are | The location of key muscles and *explain with examples* how antagonistic pairs help us |
| 5 > | The location of key muscles and *explain with examples* how antagonistic pairs help us | Identify the location of *most* muscles and some of their jobs and *describe with examples* how antagonistic pairs help |

QUESTION: How do muscles help us move?

Green for Growth: (end of lesson)



**Antagonistic Pairs**

****

|  |  |
| --- | --- |
| Biceps |  |
| Hamstrings |  |
| Gluteus maximus |  |
| Gastrocnemius |  |
| Pectoralis major |  |