

Recap - Question 1

Name the 4 types of joints:

1. P_____
2. H_____
- 3.
- 4.



How do muscles make bones move?

Tendon, pull, bone, muscle



Task: Complete the sentences.

Muscles work in _____ pairs. This means that as one muscle _____, the other _____.



Task: Finish the sentences.

In your legs you have muscles called the quadriceps at the front of your thigh and hamstrings at the back of the thigh.

1. To bend your leg the hamstrings have to... and the quadriceps will...
2. To straighten your leg...



Write conclusions about age, male vs female and left hand vs right hand...

	Average force from grip in newtons			
Age	Male		Female	
	Right hand	Left hand	Right hand	Left hand
20-29	300	295	270	220
30-39	298	291	268	218
40-49	291	287	240	210
50-59	240	220	210	190
60-69	215	188	200	180
70-79	200	170	175	155



Writing conclusions sentence starters...

1. On average, males have a grip strength than females.
2. The older a person is the the force from their grip strength
3. On average people have a grip strength with their hand.

