

Support – The skeleton **supports** muscles and organs therefore giving posture.

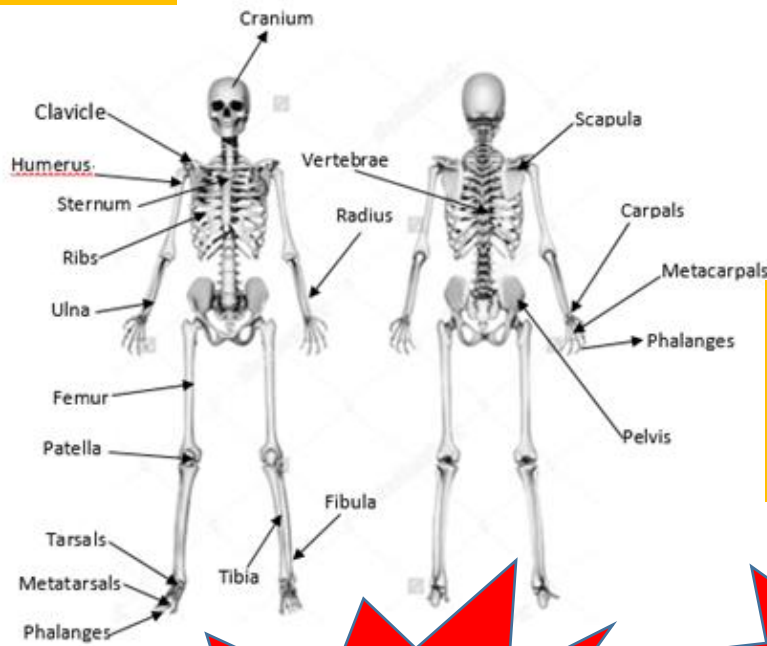
Protection – The skeleton **protects** delicate parts of the body like the brain, heart and lungs.

Blood cell production– red and white blood cells are made in the bone marrow.

Movement – The skeleton allows us to move. Muscles are attached to the bones and move them as levers.

Storage of minerals – Essential for major body functions

Posture – The skeleton gives us our shape and determines our size.



Tendons

Joins muscle to bone

Ligaments

Connecting bones together and stabilise the *joint*

Cartilage

Reduce friction

Joint:

Where 2 or more bones meet

Two types of joints:

- 1) Hinge
- 2) Ball and Socket

Synovial Joint

A freely moveable joint connected by fibrous connective tissue capsule lined with synovial fluid

Types of movement	Definition	Sporting example
Flexion	Decrease in the angle around a joint	Bending leg at the knee to make a pass in football
Extension	Increase in the angle around a joint	From a squat position then stand up
Circumduction	A continuous circular movement of a limb around a joint	A swimmer during front crawl arm action
Adduction	Movement of the body towards the midline of the body	In swimming the recovery of legs from breaststroke
Abduction	Movement of the body away from the midline of the body	Gymnast with leg lifted to side of her body
Rotation	When the bone turns about its longitudinal axis within the joint	A tennis player during backswing of the serve