

Muscular System Orienteering Challenge

Vocabulary



Objective

To reinforce students' knowledge of key vocabulary linked to the muscular system.



Equipment

- Enrich School Orienteering Map
- Orienteering control markers
- Activity Sheet
- Answer Sheet



Preparation

- The activity involves students completing several key words linked to the muscular system, and then linking each one to its function.
- Students could do this activity in pairs or small groups.
- Provide each pair/group with a copy of the Activity Sheet and an Enrich School Orienteering Map.
- Explain how to do the activity.



Instructions

- The Activity Sheet has several key words linked to the muscular system, each of which has some missing letters and is also linked to a control point.
- Students can use some of the letters from the marker at the control point to help complete each word.
- If they think they can complete a word without using the letters from the marker, they can still visit the control point to check the word.
- When students have completed a word, they select its function from the table on their Activity Sheet and write the letter that the function is linked to next to the word.



Other information

Answers:

- Pectorals – Moving arms towards the body and forward in front of the body.
- Abdominals – Flex the trunk across the stomach (sitting up).
- Quadriceps – Extend the knee, straightening the leg.
- Biceps – Flex the elbow, bending the arm.
- Deltoid – Abduction of the shoulder, moving arms outward from the body.
- Triceps – Extend the elbow, straightening the arm.

