

# Skeletal System Orienteering Challenge

## Vocabulary



### Objective

To reinforce students' knowledge of key vocabulary linked to the skeletal 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 skeletal system, and then linking each one to its meaning/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 skeletal 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 meaning/function from the table on their Activity Sheet and write the letter that the meaning/function is linked to next to the word.



### Other information

Answers:

- **Ligament** – Connects bone to bone.
- **Plantar flexion** – This type of movement only occurs at the ankle.
- **Carpals** – These bones are situated in the wrist.
- **Tendon** – Connects muscle to bone.
- **Cartilage** – Cushions the joint and prevents friction and wear and tear.
- **Patella** – A bone at the front of the knee.

