

How the Body Works



Age group	Activity	Movement	Other Activities
KS1	<i>What activity or sport are you doing?</i>	<i>What parts of the body are moving? Can you point to them on yourself or circle them on the pictures?</i>	<i>What other ways can you move for that activity?</i>
KS2	<i>What activity or sport are you doing?</i>	<i>What body parts are you using? Can you name any of the bones or muscles in that area and label the images below?</i>	<i>What other activities or sports would use these same body parts/muscle groups?</i>
KS3	<i>What activity or sport are you doing?</i>	<i>What are the muscle groups creating the movement for this activity? Can you label the bones and joints that are allowing the movement in this area?</i>	<i>What other sports or sporting activities work the same muscle groups?</i>
KS4	<i>What activity or sport are you doing?</i>	<i>What muscles are contracting and what muscle are relaxing during this movement?</i>	<i>What movements require the same muscle groups to work? What exercises can I do to improve my; Muscular Endurance- Muscular Strength-</i>





