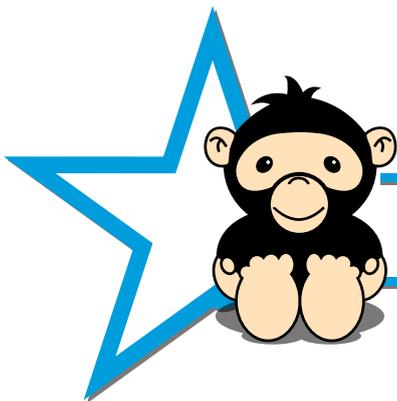


A Healthy Active Lifestyle and Your Muscular System

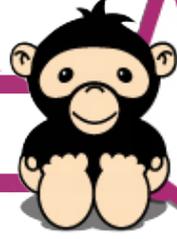
Label Me



A-PE



Label Me



Task Instructions

1. Give each pair a worksheet.
2. If this task is being done before the topic has been learnt then students should use previous knowledge and logic to try and decide where the label fits.
3. If doing this after learning the topic, it can be used as a revision task to check learning has taken place.
4. The teacher can go around the class and let each student know the number of labels that are incorrect, but not which ones. They can then have another attempt.

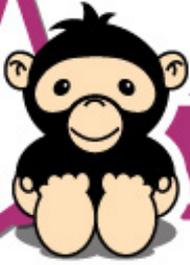
Variations/Extensions

1. Students use sticky labels on themselves or partners instead of the diagram.
2. More artistic students can draw their own antagonistic muscle pair.
3. Gifted students can identify where the labels would fit on the hamstring/quadriceps.

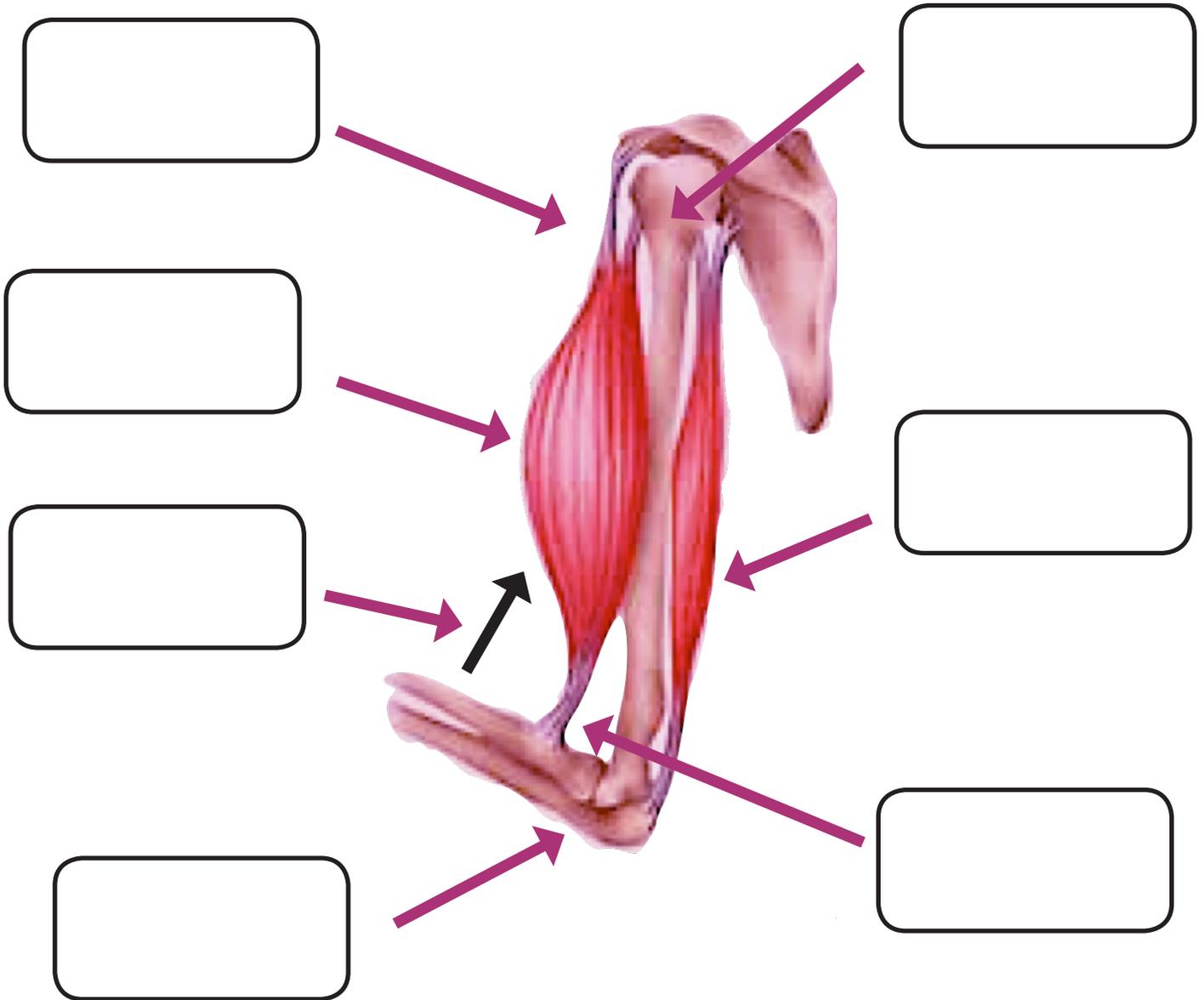
The Learning

1. Using logic as well as trial and error means the content is revisited a number of times and learning pathways are created.
2. Labelling allows the students to be in charge of their own learning.





Label Me



Antagonist

Movable Bone

Fixed Bone

Pulls the Moving Bone to the Origin

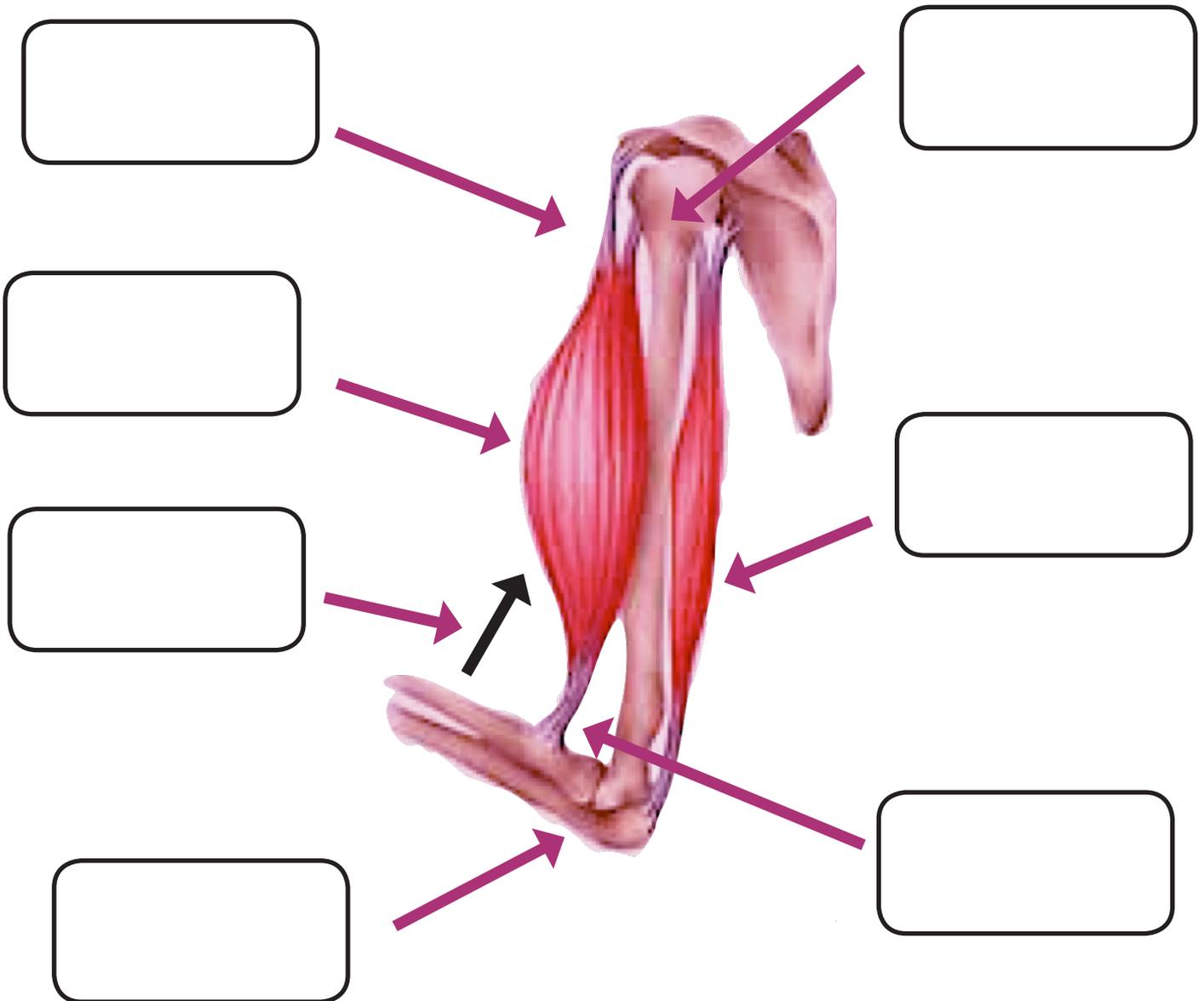
Tendon of Origin

Tendon of Insertion

Agonist



Label Me





Label Me

Answers

