

PE and Health

September 2025

Year Group:	10
Subject:	PE
Lesson 1:	Use the link below to find a picture of a skeleton. Make a copy of the picture, and then use your own knowledge/internet/books to label as many different bones as you can, using the correct names i.e. scapular NOT shoulder blade. https://docs.google.com/document/d/1q9tJQI0IBW9GqxUJR2LzFMVQ-8MPIQtmFRme-c7AiU4/edit?usp=sharing
<u>Lesson 2</u>	There are 5 different functions of the skeleton. Research the different functions and give a sporting example. https://docs.google.com/document/d/1hhdG9UTYAV7IOSX7QzFf0tNvYckXJ7T5Lcbk8hQHKdo/edit?usp=sharing