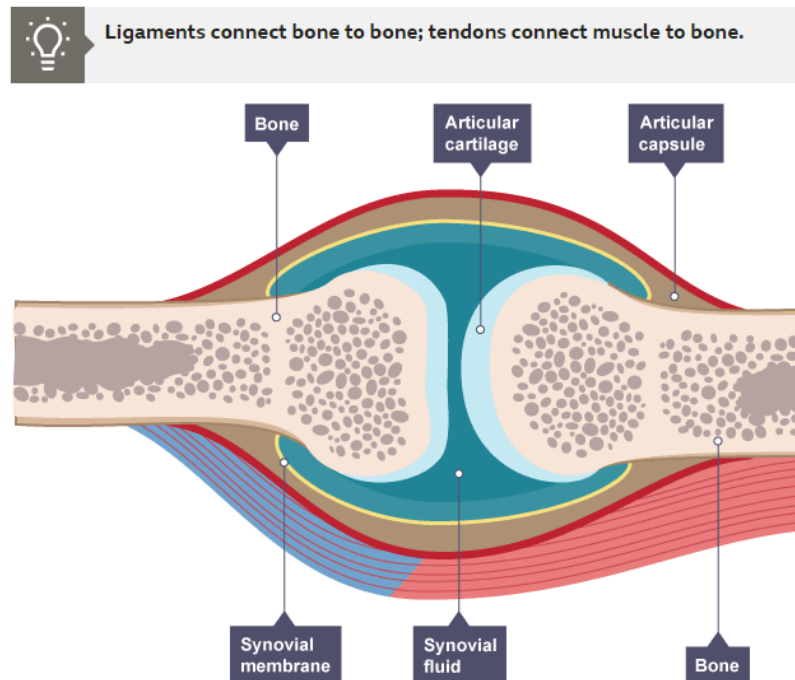


**PHYSICAL EDUCATION**  
**Year 8, Term 2 – THE SKELETAL SYSTEM, SKELETAL JOINTS AND MOVEMENT**

During this term, you will need to know about how our skeletal system is joined up.

**Ball and socket** - these types of joint can be found at the shoulder and hip and allow movement in almost every direction. A ball and socket joint is made up of a round end of one bone that fits into a small cup-like area of another bone.

## Synovial Joints



**Pivot** - this joint can be found in the neck between the top two vertebrae. It allows only rotational movement such as moving your head from side to side as if you were saying 'no'.

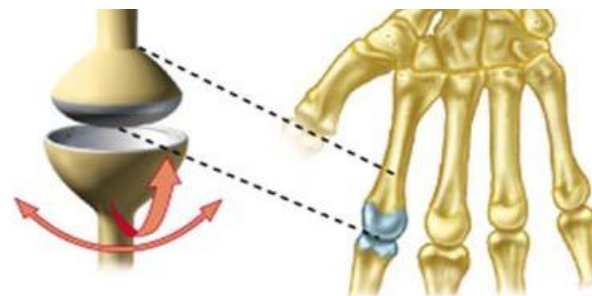
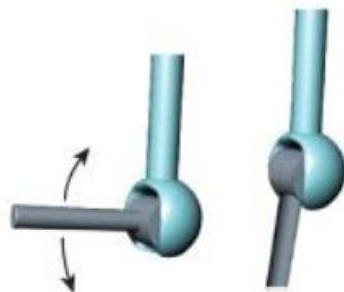
**Hinge** - these can be found in the elbow, knee and ankle. Hinge joints are like the hinges on a door, and allow you to move the elbow and knee in only one direction. They allow flexion and extension of a joint. At the ankle, different terms are used. When the toes are pointed downwards, it is plantar flexion and when the toes are pointed upwards, it is dorsiflexion.

**Condyloid** - this type of joint is found at the wrist. It allows you to flex and extend the joint, and move it from side to side.

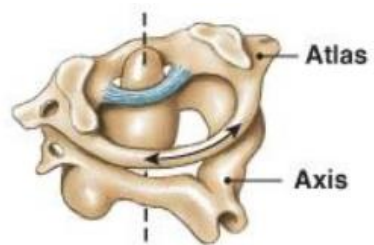
**PHYSICAL EDUCATION**  
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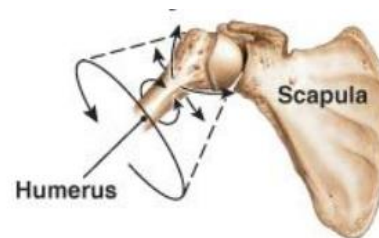
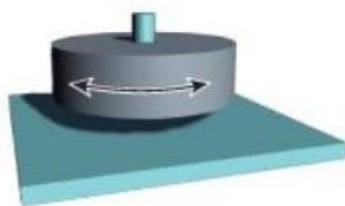
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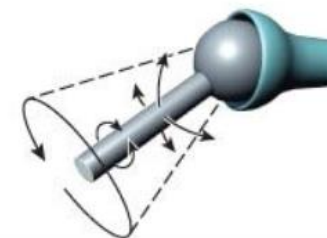
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**PHYSICAL EDUCATION**  
**Year 8, Term 2 – THE SKELETAL SYSTEM, SKELETAL JOINTS AND MOVEMENT**

**Types of joint movement:** The different types of movement that are permitted at each joint are described below.

**Flexion** – bending a joint. This occurs when the angle of a joint decreases. For example, the elbow flexes when performing a bicep curl.



Give 2 more sporting examples: .....

.....

**Extension** – straightening a joint. This occurs when the angle of a joint increases. For example, at the elbow when putting a shot.



Give 2 more sporting examples: .....

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**Abduction** – movement away from the midline of the body. This occurs at the hip and shoulder joints during a jumping jack movement.



**Adduction** – movement towards the midline of the body. This occurs at the hip and shoulder, returning the arms and legs back to their original position from a jumping jack movement.

Give 2 more sporting examples: .....

.....

**Rotation** – this is where the limb moves in a circular movement around a fixed joint towards or away from the midline of the body. This occurs in the hip in golf while performing a drive shot.



Give 2 more sporting examples: .....

.....

**Plantar flexion** – pointing the toes – this movement only occurs at the ankle. For example, pointing the toes in ballet.



Give 2 more sporting examples: .....

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**Dorsiflexion** – the foot moves towards the shin as if you are pulling your toes up. This movement only occurs at the ankle.



Give 2 more sporting examples: .....

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