

B7.3 Muscles and Skeletons- Revision Worksheet

Explain why **oxygen** is needed in the body.

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Describe how **oxygen** gets from the **atmosphere** into our **cells**.

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State the **waste product** of **respiration** and describe how it is got rid of from the body.

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State some **organs** involved in the **gas exchange system**.

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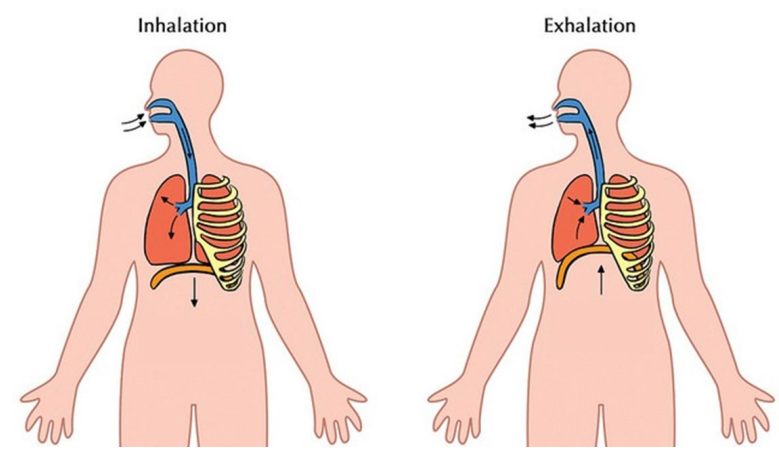
Define the following words.

Breathing	
Contract	
Relax	
Tissue	
Muscle Tissue	

Describe how the **heart pumps blood** around the body.

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Using the diagrams above, describe how **inhalation** and **exhalation** occur.

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Describe the similarities and differences between **arteries** and **veins**.

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Describe the **function** of **red blood cells** and how they are well **adapted** for this job.

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Complete the table below by stating the other components of blood and their functions.

Plasma	
	Fight infections and keep you healthy.

State where **red blood cells** are made.

State the three uses of the **skeleton**.

- 1.
- 2.
- 3.

Describe whether **bones** are **living** or not.

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Define the following terms:

Tendons	
Ligaments	
Cartilage	
Flexible Joint	

Describe why **bones** are strong but light

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Label all the **bones** you can on the **skeleton** below:

Describe the two types of **bone tissue** produced by **osteoblasts**.

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Describe the **structure** of the **backbone**.

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Describe the **structure** of the **skull**.

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Describe what the **locomotor system** is.

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Describe what **biomechanics** is.

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Explain why **muscle cells** have lots of **mitochondria**.

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Describe how the body controls **muscle movement**.

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Describe what **antagonistic pairs** are and how they work to allow **movement**.

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Define the term '**drug**'.

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Describe some uses of **medical drugs**.

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Describe some **side-effects** of taking certain **illegal recreational drugs**.

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Complete the table below:

Type of drug	Effect of body	Examples
Stimulants		
Depressants		

Rate the following on how well you think you can do them:



I can...

- Describe how muscles in the gas exchange system allow ventilation.
- Describe what happens during gas exchange in the lungs.
- Describe the role of muscles in the heart.
- Describe the functions of the different parts of blood and where the parts are made.
- Describe the role of scientific questions in the scientific method.
- Identify scientific, non-scientific and ethical questions.
- Describe the functions of different bones in the skeleton.
- Describe some different types of joint.
- Write using a variety of appropriate sentence types.
- Use subordinating clauses.
- Explain how antagonistic pairs of muscles operate and are controlled, to allow movement.
- Recall how different drugs affect the body.