

## Introduction

An underlying requirement of VCE Physical Education is knowledge of the human body, and in particular the muscular and skeletal system.

With over 650 muscles making up the muscular system and 206 bones making up the skeletal system it can at times be extremely difficult to remember them all.

This activity demonstrates a revision strategy you could implement to help you remember the anatomical position of a range of bones and muscles.

## Equipment

- Scissors
- Sticky tape
- Device (Tablet, iPad, iPhone etc.)
- 3D Anatomy Learning (Free interactive anatomy app)
- Nelson VCE Physical Education Unit 1+ 2 textbook (chapter 2)

## Instructions

1. Cut out each of the bones (blue) and muscles (red) labels in the table below.
2. Using either yourself, a classmate or a sibling as a model, start sticking each of the bones or muscles in the correct anatomical position on their body.
3. Try this with no assistance from textbooks or apps. Making mistakes is part of the learning process.
4. Download the 3D Anatomy Learning app or use your Nelson VCE Physical Education textbook to make any necessary changes to any bone or muscle positions.
5. Record your results for future reference.
6. Remove all bone and muscle labels from your model.
7. Repeat the task regularly to see if you can improve on your last attempt.
8. Use the template on the final page to create your own labels of other bones and muscles to make the task more challenging.

# Anatomy Revision



## Bones & muscles

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<b>Humerus</b>	<b>Femur</b>	<b>Mandible</b>
<b>Fibula</b>	<b>Tibia</b>	<b>Metacarpals</b>
<b>Radius</b>	<b>Ulna</b>	<b>Metatarsals</b>
<b>Scapula</b>	<b>Clavicle</b>	<b>Sternum</b>
<b>Pelvis</b>	<b>Patella</b>	<b>Hyoid bone</b>
<b>Biceps Brachii</b>	<b>Trapezius</b>	<b>Triceps Brachii</b>
<b>Quadriceps</b>	<b>Gastrocnemius</b>	<b>Sartorius</b>
<b>Deltoids</b>	<b>Soleus</b>	<b>Occipitals</b>
<b>Gluteus Maximus</b>	<b>Rectus Abdominis</b>	<b>Brachioradialis</b>
<b>Adductor Longus</b>	<b>Vastus Medialis</b>	<b>Latissimus Dorsi</b>

