

Phosphorus helps recovery

* Means that the bones are less likely to break upon impact from a tackle.



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Year 9 GCSE PE Homework – Functions of the Skeletal System

Describe how the functions of the skeleton are important in Rugby. Give named examples.

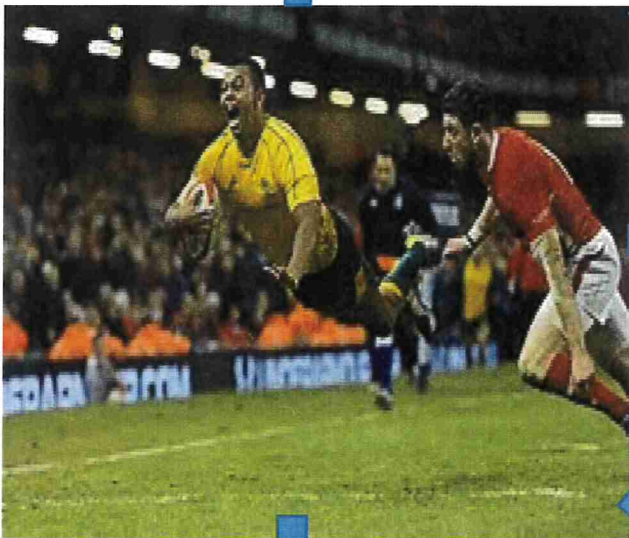
PROTECTION OF VITAL ORGANS

In Rugby you get tackled in the stomach and chest, the ribs to protect your lungs when you get tackled. If there was no ribs the lungs would get punctured.

MUSCLE ATTACHMENT

In rugby a kicker can score 6 conversions and penalties by kicking the ball through the sticks the muscles relax and contract in the leg in order for you to kick the ball.

What connects muscles to bones? Tendons



JOINTS FOR MOVEMENT

In rugby, you pass the ball by throwing it. Your shoulder joints muscles allow you to move your arms and generate more power on the ball.

What is the definition of a joint?

Joints work together with bones and muscles to form levers, making a small force generate a bigger force elsewhere

* Where 2 or more bones meet

RED AND WHITE BLOOD CELL PRODUCTION

Rugby is a sport where you will need to respire aerobically in order and the red blood cells transport oxygen to the working muscles. Also white blood cells will keep on athletes wounds and cuts infection free

What will this allow the player to do?

STORING CALCIUM AND PHOSPHORUS

In Rugby calcium can be used for muscle contraction, nervous system function, stabilisation of blood pressure, blood clotting and secretion of hormone. All of which are very important.

Keeping bones strong

Helping recovery

Allow the player to continue with a cut

Prevents muscle soreness

What is the MAIN function of calcium and phosphorus? How would these specifically help a rugby player?