

Year 9 GCSE PE Homework – Functions of the Skeletal System

6/10

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

PROTECTION OF VITAL ORGANS

Without the protection of vital organs provided by the skeleton, a rugby player would not be at risk of serious damage to all of ~~his~~ their vital organs. If ~~you~~ they were going into a tackle without a ribcage, their heart, lungs and liver could be prone to damage. If they land on their head, their brain could be prone to damage. *what for?*

Skull proteins

MUSCLE ATTACHMENT

Without muscle attachment, you will be able to move, however you will not be able to implement power while running or throwing. This would cause you to be highly ineffective as a player. *What connects bones to muscles?*

perform certain actions

tendons



JOINTS FOR MOVEMENT

This allows for basic movement such as throwing the ball or kicking the ball. Without these abilities you would be unable to play the game and follow the rules. With no joints, a rugby player would be unable to perform and help his team to win. *What is the definition of a joint?*

connects two bones

Cor more meet.

RED AND WHITE BLOOD CELL PRODUCTION

Red blood cells are produced to transport oxygen around the body. and carbon dioxide

This helps aerobic respiration, meaning that the rugby player is able to release more energy than without red blood cells. White blood cells fight against illness and disease, which means that if a disease/infection is likely to spread to you, the white blood cells prevent serious damage. *How would this help them?*

allows better higher performance

STORING CALCIUM AND PHOSPHORUS

The storage of calcium and phosphorus helps build strong bones, which is helpful to prevent injury to them. Calcium also helps nerve signals travel around the body, meaning reaction times are sped up. This means that a rugby player is able to react quicker and make decisions quicker. Phosphorus stores and releases energy. This means that a rugby player would be able to react and perform better for longer.

a named example in rugby?

Injuries to skull when falling on head.

How would this help the rugby player?  
Helps recovery & for longer greater longevity.