

## Movement & Health (Biology)

Year 8, Autumn Term

<i><b>You will be taught</b></i>	<i><b>You should know</b></i>
the role of the skeleton and joints and the principle of antagonistic muscle pairs [e.g. <i>biceps and triceps</i> ] in movement	that the skeleton protects delicate organs, supports the body and provides attachment for muscles;
	that muscles can contract and are pulled back to their original length by the contraction of <b>antagonistic muscles</b> ;
	that muscles usually operate across moveable joints
that the abuse of alcohol, solvents and other drugs affects health	the positive effects of exercise and healthy eating
how the growth and reproduction of bacteria and the replication of viruses can affect health, and how the body's natural defences may be enhanced by immunisation and medicines.	that <b>salmonella</b> (food poisoning) is one example of a <b>bacterial disease</b>
	that <b>flu</b> is one example of a <b>viral disease</b> ;
	the importance of cleanliness at the personal and community levels as a defence against disease
	that the body's natural defences can be supplemented by artificial methods, such as <b>immunisation</b> and medicines

[http://www.bbc.co.uk/schools/ks3bitesize/science/biology/movement\\_intro.shtml](http://www.bbc.co.uk/schools/ks3bitesize/science/biology/movement_intro.shtml)

[http://www.bbc.co.uk/schools/ks3bitesize/science/biology/health\\_intro.shtml](http://www.bbc.co.uk/schools/ks3bitesize/science/biology/health_intro.shtml)