

AS Physical Education

Task

You need to be able to recognise which muscle is producing the muscular contraction (Agonist) and the one relaxing (Antagonist) for a variety of different joints. Coupled with that is what type of movement is produced.



Eg;

Joint – elbow, Movement – Flexion, Agonist Bicep Brachii, Antagonist Tricep Brachii

You need to complete for.....

1. Elbow
2. Knee
3. Hip
4. Ankle
5. Spine

Then choose 3 sporting pictures and label it with the Agonist/Antagonist

EXTRA:

You can check www.ashfieldpeblogspot.co.uk to see other topics we do.

You can email **Mr Watson** if you have any questions regarding the course or these induction tasks:

Matt.watson@ashfield.notts.sch.uk

For the best chance of a quick reply, please do this before the summer break, emails during the summer break will get replies but these may take longer.