

UNIT 1 - REPORT

Body knowledge:

- Organic systems: locomotive system (muscular system and skeletal system), circulatory system, respiratory system, digestive system and nervous system.
- Parts of the body:
 - Muscles:
 - Biceps, triceps, pectoral, abdominal muscles, glutei, etc.
 - Words related to muscular system: contract/ relax, tighten/ release, etc.
 - Bones: skull, jaw, cervical vertebrae, clavicle, scapula, humerus, radius, ulna, metacarpal, ribs, sternum, vertebral column, pelvis, femur, tibia, fibula, patella and metatarsal.
 - Joints: connection between two or more bones.
 - Ankle, knee, hips, shoulder, elbow, wrist and neck.
 - Joint movement: bend/ extend, separate/ approach, rotate.
 - Tendons (connect muscles and bones).
- Warm-up:
 - Parts of a good warm-up: soft running, joint movement, stretching and toning-up.
- Sensory organs: tongue (taste), sight (eyes), skin (touch), nose (smell) and ear (hearing).
 - Words related to senses: stimulus, reaction, etc.
- Positions: seated, standing up, on knees, facing down, lying down, sideways, squatting and on one foot.
- Lateral dominance: right-handed and left-handed.

Health and hygiene:

- Healthy and unhealthy positions/ posture: weight lifting, carrying bags, sleeping, walking with shoulders rolled forward, etc.
- Heartbeat rate.
- Spinal deformities: Scoliosis, kyphosis, swayback, vertebral column, cervical region, thoracic region, lumbar region, sacrum and coccyx.
- Breathing and relaxation: inhale, exhale, oxygen, chest breathing, stomach/abdominal breathing, etc.
- Other words: back overloaded, piggy back ride, sedentary, mood, etc.