

Physical Education Grade 10 Answer Week1

1. Shape and support

Movement

Protection

Blood production

2. Long bone –humerus, femur

Short bone- carpals

Flat bone – cranium

Irregular bone- vertebrae

3. A joint is where two or more bones meet in the skeleton system.

4. Fixed/ immovable joints

Cartilaginous /slightly movable joints

Synovial / freely movable joint

5. Flexion, extension, rotation, circumduction, abduction, adduction, dorsiflexion, plantar flexion

6. To protect the brain

7. Voluntary, involuntary, cardiac muscle

8. Muscles assist bones in lifting heavy objects or controlling movements like running, jumping, pushing, and also to maintain posture.

9. (i) Tidal volume- the volume of air we breathe in or out per breath.

(ii) Minute ventilation- the volume of air we breathe in or out per minute.

(iii) Vital capacity-maximum amount of air you can exhale after taking the deepest breath

(iv) Residual volume-the amount of air left in the lungs after a maximal exhalation.

(v) Lactic acid- is a chemical byproduct of anaerobic respiration, produced in your muscles and builds up during intense exercise. It can lead to painful, sore muscles

(vi) Oxygen debt-excess amount of oxygen your body requires during recovery