



Preparation for Year 12



Sport: Vocational

Congratulations on your GCSE successes and welcome to your post-16 studies at All Saints!

At this significant moment in your education, you have selected to study courses that reflect your own unique gifts, talents, interests and future goals.

So let's get started! These tasks are designed to introduce you to some concepts that you will be exploring over the year ahead as well as giving you the opportunity to demonstrate your commitment and sincere interest in this subject.

We look forward to seeing your preparation work and welcoming you to our department in September.

Deadline for
submission

Wednesday 2nd September 2026

Choose **TWO** tasks to complete from the following list:

Week	Task / question	Links to help you	Notes
1	Research the major bones in the body	https://www.youtube.com/watch?v=LMZStgTd-Tw	
2	Research the different types of bones and their functions	https://www.youtube.com/watch?v=mMecn9S4zW4	
3	Research the different functions of the skeleton	https://www.youtube.com/watch?v=E4RizRzKafk	
4	Create a presentation on the major bones, the different bone types and the functions of the skeleton		Use all prior knowledge in previous tasks to create a presentation



Preparation for Year 12



Keywords and definitions:

You will need to be familiar with the following keywords in term 1.

Keyword	Definition and Use of keyword within context
Axial skeleton	The axial skeleton is the part of the skeleton that consists of the bones of the head and trunk of a vertebrate.
Appendicular skeleton	The appendicular skeleton consists of the bones of the upper limbs, or arms, and the lower limbs, or legs.
Long bone	A bone that is longer than it is wide e.g. Femur
Short bone	A bone that is wider than it is long e.g. carpals
Flat bone	Bones that have a flat shape not rounded
Irregular bone	Irregular bones vary in shape and structure and therefore do not fit into any other category
Sesamoid bone	Sesamoid bones are a type of bone that develop in some tendons where they cross the ends of long bones.