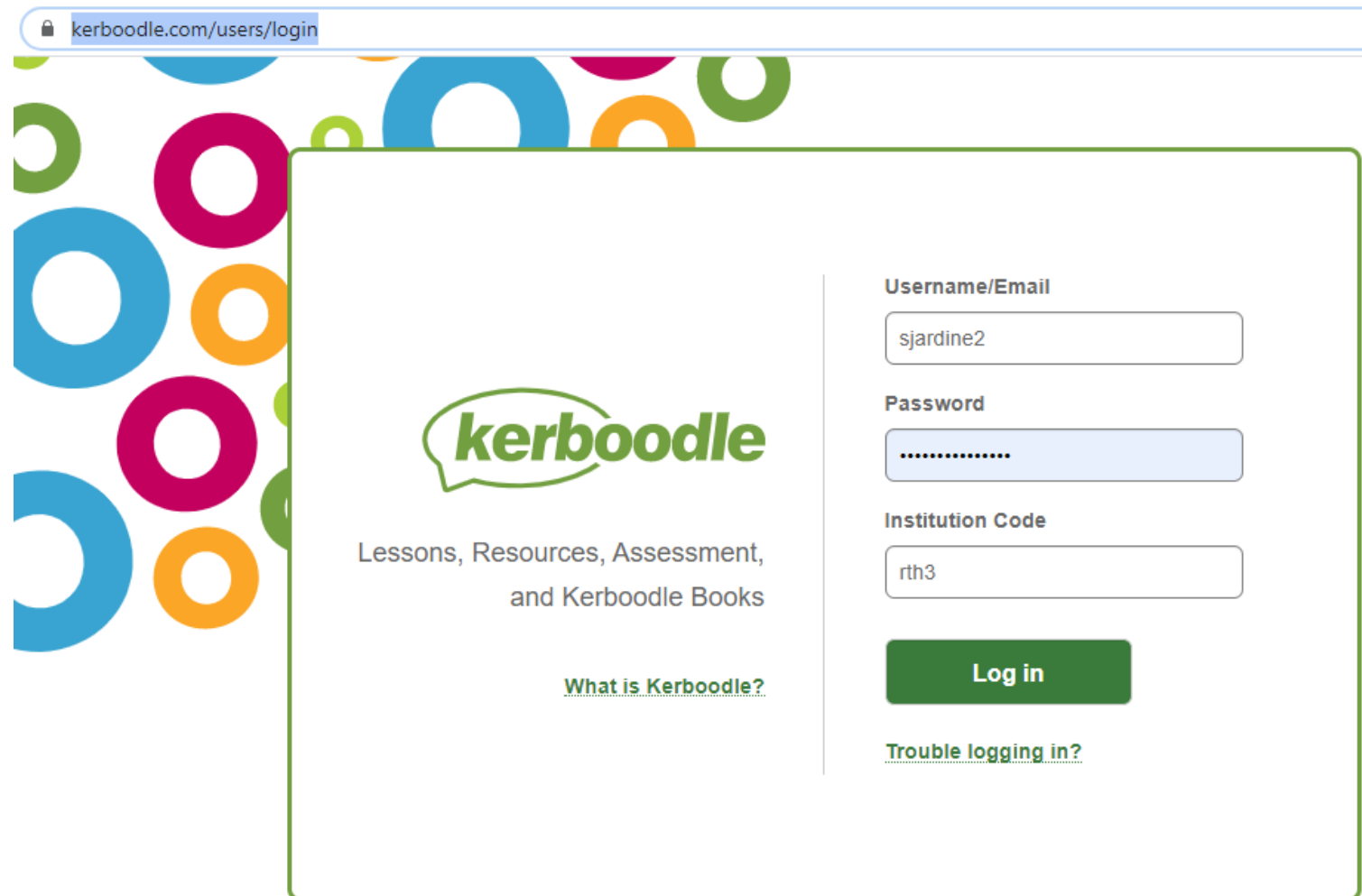


# Kerboodle - getting started for students: watch the video

- <https://www.youtube.com/watch?v=wpys7cupMB0&list=PLW-Dpen99Aj6aBAFMSTcERCu3JjkRovu&index=5&t=0s>
- The following slides will support you in using this valuable resource!

Use the following log in page – you can access this from google by entering ‘Kerboodle log in’!  
Enter log in details provided by Mr Jardine

A screenshot of the Kerboodle login page. The browser address bar shows 'kerboodle.com/users/login'. The page features a decorative background of colorful circles on the left. The main content area is enclosed in a green border and contains the Kerboodle logo, a tagline, and a login form. The login form includes fields for Username/Email (containing 'sjardine2'), Password (masked with dots), and Institution Code (containing 'rth3'). A green 'Log in' button is positioned below the form, with a 'Trouble logging in?' link underneath. A 'What is Kerboodle?' link is also present on the left side of the form area.

kerboodle.com/users/login

**kerboodle**

Lessons, Resources, Assessment,  
and Kerboodle Books

[What is Kerboodle?](#)

**Username/Email**  
sjardine2

**Password**  
.....

**Institution Code**  
rth3

**Log in**

[Trouble logging in?](#)

# Entering log in details

- Username – first initial followed by surname (lowercase) e.g. **sjardine**
- password is the same as your username the first time you log in e.g. **sjardine**
- It will ask you to change your password the first time that you log in.
- Remember your new password once you change it
- If you forget your password then email [admin@cloughwood.Cheshire.sch.uk](mailto:admin@cloughwood.Cheshire.sch.uk) and advise that you need a password reset for Kerboodle. I will receive an email and will reset your password and contact you to let you know that it is done.
- Your institution code is:
- rth3
- When you have logged in you will see the next screen

# Click PE



Your Favourites


Edexcel GCSE  
**Physical Education**



Edexcel GCSE Physical Education




All Courses



**Activate**

Activate



**KS3 HISTORY**  
by Aaron Wilkes  
Third Edition

KS3 History



**KS3 HISTORY**  
FOURTH EDITION

KS3 History 4th edition



# Click assessment



## PLANNING

Editable presentations with links to relevant resources, YouTube clips and useful links



## RESOURCES

Editable mark schemes, model answers, animations and worksheets



## ASSESSMENT

Quizzes and interactive activities to test knowledge (AO1), application (AO2) and evaluation (AO3)



## MARKBOOK

View work and results, track progress and more

# Click an assignment that I have set you!

Edexcel GCSE  
Physical Education

HOME PLANNING RESOURCES ASSESSMENT MARKBOOK

ASSESSMENT

Search assignments... SEARCH Filter results ▾

Current assignments

- Due today
- Due this week
- Expired (incomplete submission)

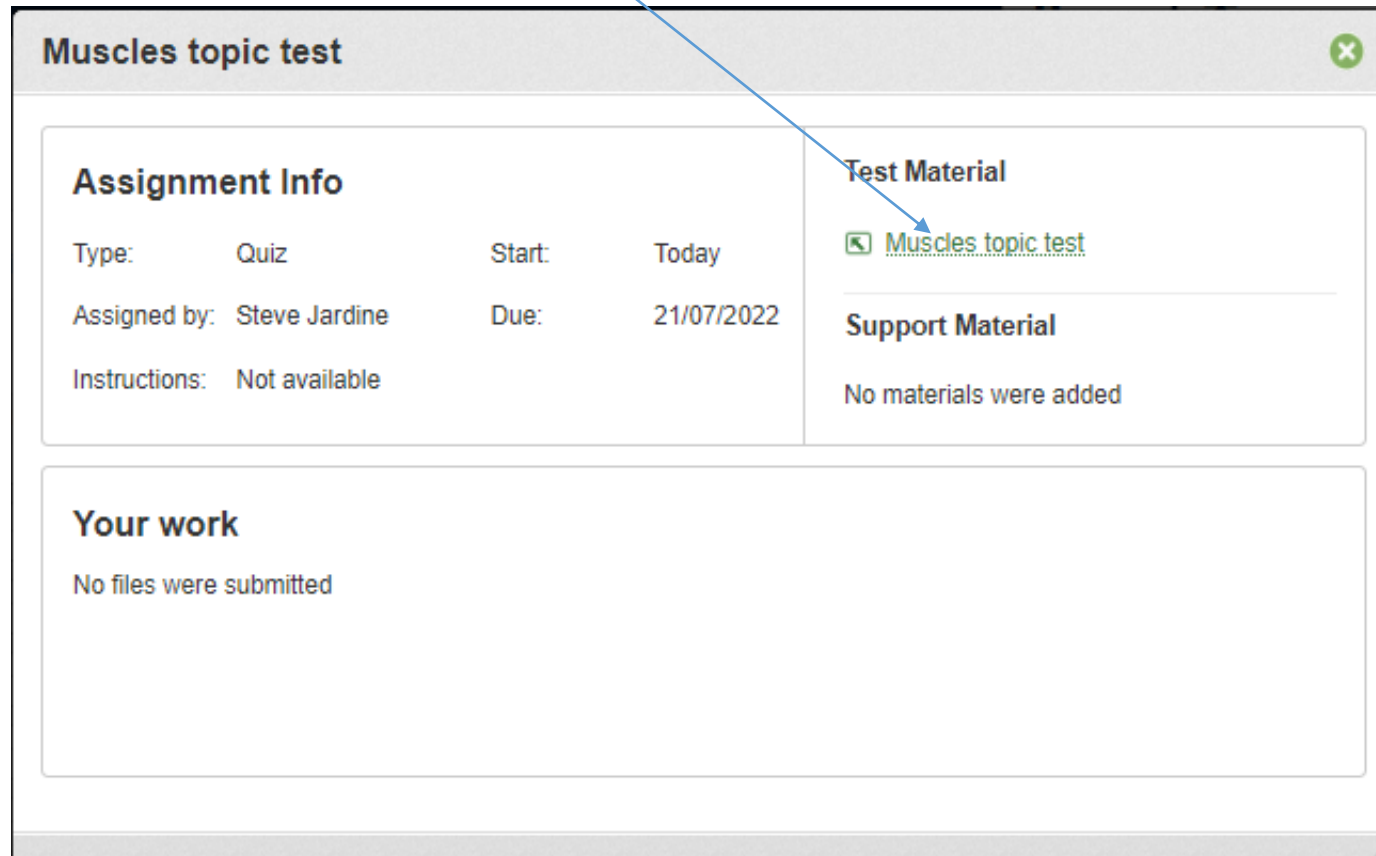
Displaying 1 - 20 of 26 in total

< 1 2 > 20 results per page

PREVIEW

<input type="checkbox"/>	TITLE	DUE DATE ↓	PROGRESS
<input type="checkbox"/>	The skeletal system and bones topic test	21/07/2022	Started
<input type="checkbox"/>	Muscles topic test	21/07/2022	
<input type="checkbox"/>	Antagonistic pairs topic test	21/07/2022	
<input type="checkbox"/>	Fast and slow twitch muscle fibres topic test	21/07/2022	
<input type="checkbox"/>	The functions of the cardiovascular system and the heart topic test	21/07/2022	
<input type="checkbox"/>	Blood vessels and blood topic test	21/07/2022	
<input type="checkbox"/>	The respiratory system topic test	21/07/2022	
<input type="checkbox"/>	Oxygen transport topic test	21/07/2022	


Click the test icon once and wait a few seconds



**Muscles topic test** ✕

Assignment Info			
Type:	Quiz	Start:	Today
Assigned by:	Steve Jardine	Due:	21/07/2022
Instructions:	Not available		

**Test Material**

 [Muscles topic test](#)

---

**Support Material**

No materials were added

**Your work**

No files were submitted

# Click next to start

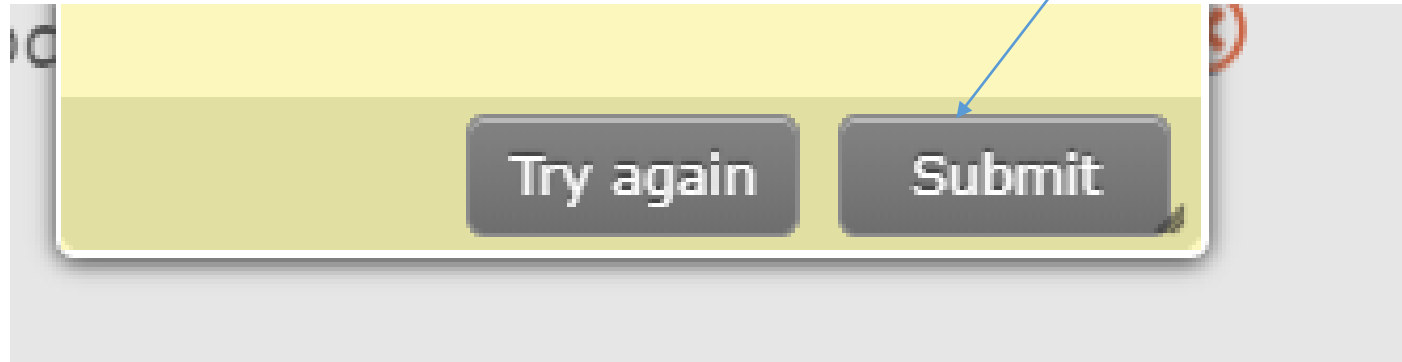
Muscles topic test

This quiz tests your knowledge and understanding of muscles.

Click **Next** to start.



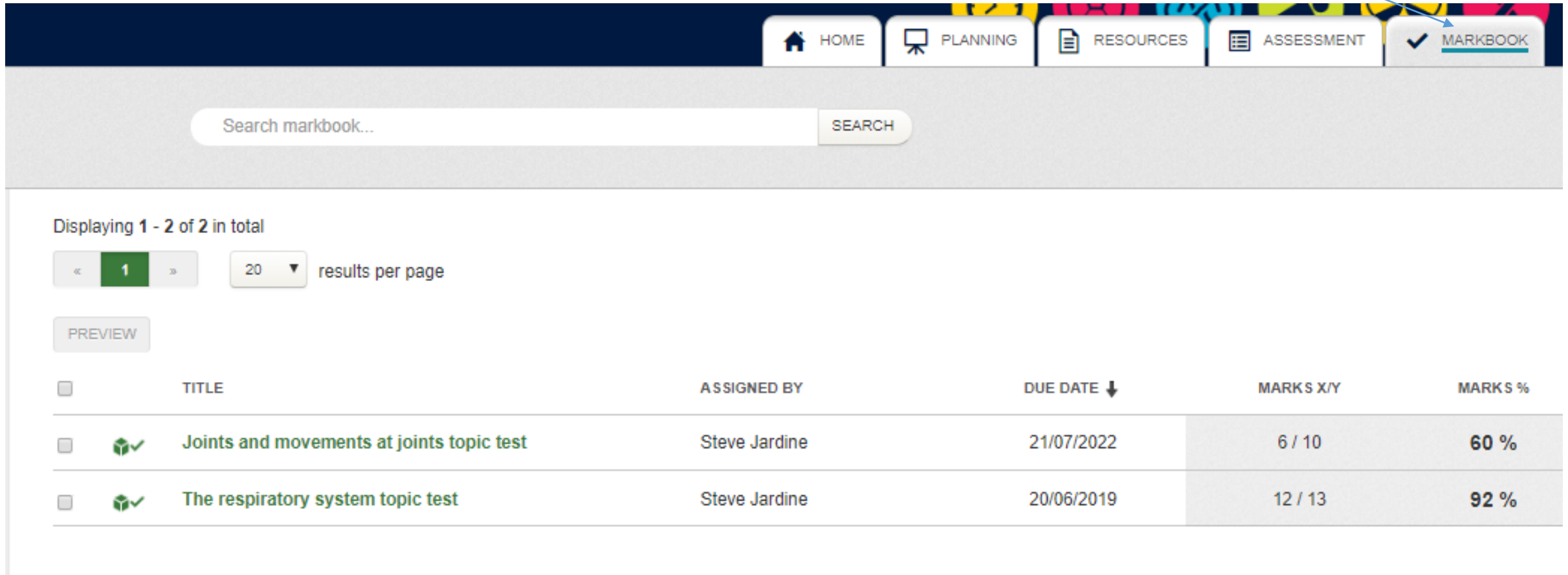
At the end of the test click submit





# Self marking

- The test will mark itself and instantly give you feedback and a percentage that I can also see.

If you then click the mark book tab you can see your results



The screenshot displays a user interface for a 'Markbook'. At the top, a dark blue navigation bar contains five tabs: 'HOME', 'PLANNING', 'RESOURCES', 'ASSESSMENT', and 'MARKBOOK'. The 'MARKBOOK' tab is highlighted with a checkmark icon and a blue underline, and a blue arrow points from the text above to it. Below the navigation bar is a search bar with the placeholder text 'Search markbook...' and a 'SEARCH' button. The main content area shows 'Displaying 1 - 2 of 2 in total' and a pagination control with a 'PREVIEW' button. A table lists two test results, each with a checkbox, a green checkmark icon, the test title, the assigned user, the due date, and the marks achieved.

<input type="checkbox"/>	TITLE	ASSIGNED BY	DUE DATE ↓	MARKS X/Y	MARKS %
<input type="checkbox"/>	 Joints and movements at joints topic test	Steve Jardine	21/07/2022	6 / 10	60 %
<input type="checkbox"/>	 The respiratory system topic test	Steve Jardine	20/06/2019	12 / 13	92 %

# Click into a test to review your answers



Navigation: HOME, PLANNING, RESOURCES, ASSESSMENT, MARKBOOK

Search: Search markbook... SEARCH

Displaying 1 - 2 of 2 in total

« 1 » 20 results per page

PREVIEW

<input type="checkbox"/>	TITLE	ASSIGNED BY	DUE DATE ↓	MARKS X/Y	MARKS %
<input type="checkbox"/>	 Joints and movements at joints topic test	Steve Jardine	21/07/2022	6 / 10	60 %
<input type="checkbox"/>	 The respiratory system topic test	Steve Jardine	20/06/2019	12 / 13	92 %

You can do this by clicking on the screen icon

The screenshot shows a quiz interface with the following sections:

- Assignment Info:**
  - Type: Quiz
  - Start: Today
  - Assigned by: Steve Jardine
  - Due: 21/07/2022
  - Instructions: Not available
- Test Material:**
  - [Joints and movements at joints topic test](#)
- Support Material:**
  - No materials were added
- Your work:**
  - No files were submitted
- Mark:** 6 / 10 60%
  - Screen 1 automarked: 1 / 1
  - Screen 2 automarked: 1 / 1

A blue arrow points from the text 'You can do this by clicking on the screen icon' to the 'Screen 1 automarked: 1 / 1' entry in the Mark section.

You can review your answers by clicking through the screens – you can see your correct answers!

Joints and movements at joints topic test


Which one of the following is incorrect?













- The ankle joint is a ball and socket joint. ✓
- The knee joint is a hinge joint.
- The atlas/axis at the top of the neck is a pivot joint.
- The hip joint is a ball and socket joint.

# You can also see your areas for improvement

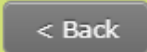
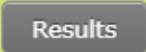
Joint and movements at joints topic test

Match the sporting movement with the movement type and the joint at which it takes place.

 Erase

Badminton player executing a smash shot	 Extension	 Shoulder joint 
Weightlifter performing a squat	 Rotation	 Hip joint 
Gymnast performing a straddle jump	 Dorsi-flexion	 Ankle joint 
Swimmer doing front crawl	 Abduction	 Elbow joint 

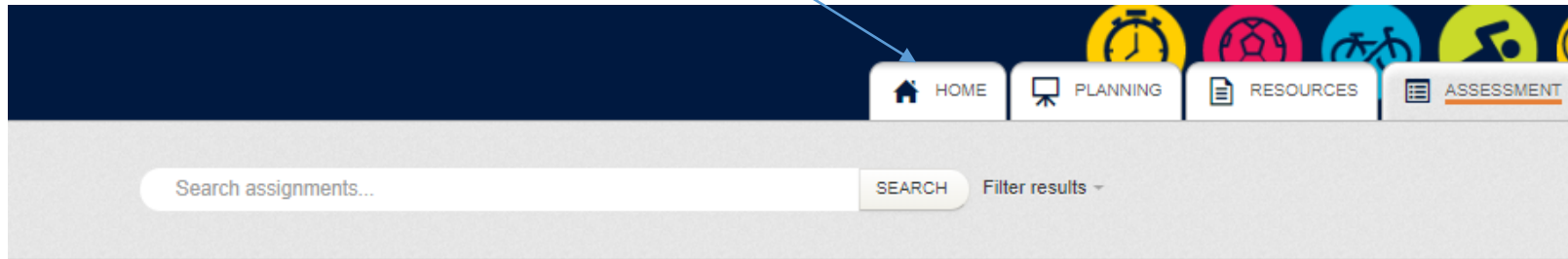
[Acknowledgements](#)  
© Oxford University Press 2020

 < Back 5 of 5  Results

It will let you re-attempt but it will only save your first result in your mark book.



# Then click home and choose another test



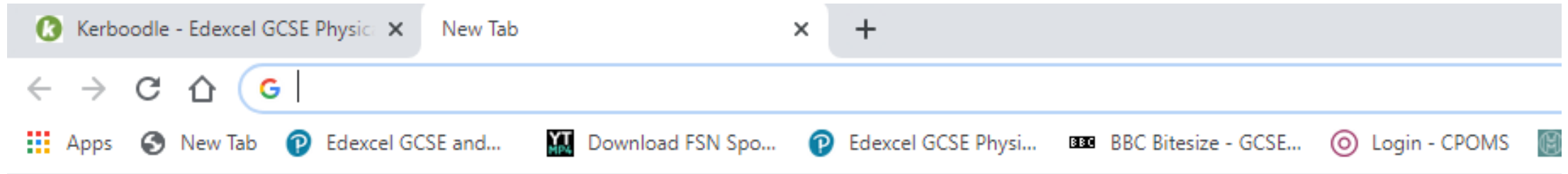
Displaying 1 - 20 of 26 in total

< 1 2 » 20 results per page

PREVIEW

<input type="checkbox"/>	TITLE	DUE DATE ↓
<input type="checkbox"/>	The skeletal system and bones topic test	21/07/2022
<input type="checkbox"/>	Muscles topic test	21/07/2022
<input type="checkbox"/>	Antagonistic pairs topic test	21/07/2022
<input type="checkbox"/>	Fast and slow twitch muscle fibres topic test	21/07/2022
<input type="checkbox"/>	The functions of the cardiovascular system and the heart topic test	21/07/2022
<input type="checkbox"/>	Blood vessels and blood topic test	21/07/2022
<input type="checkbox"/>	The respiratory system topic test	21/07/2022
<input type="checkbox"/>	...	21/07/2022

Open a separate tab for researching your answers – you will need to research



Google

Search Google or type a URL

In the next week you will be able to use access the digital book which will fully support you!  
Have it open in a separate tab!

Edexcel GCSE  
**Physical Education**

**PLANNING**  
Editable presentations with links to relevant resources, YouTube clips and useful links

**RESOURCES**  
Editable mark schemes, model answers, animations and worksheets

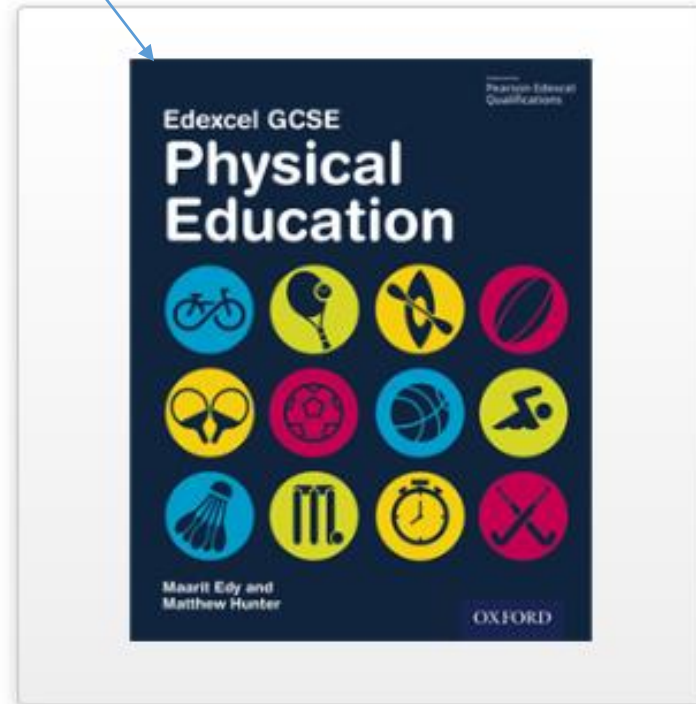
**ASSESSMENT**  
Quizzes and interactive activities to test knowledge (AO1), application (AO2) and evaluation (AO3)  
**NEW CONTENT**

**MARKBOOK**  
View work and results, track progress and more  
**1 FOR MANUAL MARKING**

**DIGITAL BOOK**  
Online versions of the Student Books for display and annotation

**USER MANAGEMENT**  
Create and organise teaching groups for this course, and invite more teachers to Kerboodle

# Click the book



Edexcel GCSE Physical Education  
Student Book

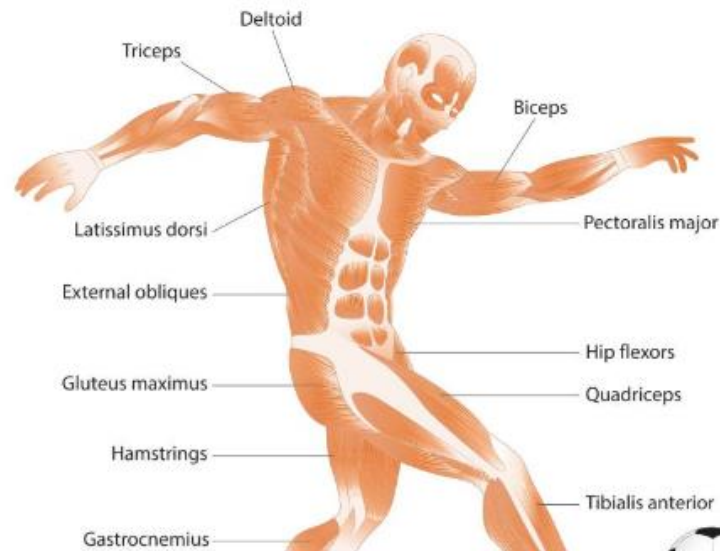
Availability Teacher  Student

# Navigate to the pages you need

## 1.6

### Voluntary muscles and their role in physical activity

Movement, sporting or otherwise, is produced when voluntary muscles, attached to bones by tendons, **contract** and the skeletal and muscular systems work together to produce movements. Sporting actions are strong examples of the work that the **musculo-skeletal system** does. A contracting voluntary muscle pulls on a bone, which alters the angle at a joint, and movement is produced.



#### Key terms

**Contraction:** A muscle contracts when it is activated and tension is created. Muscles shorten and pull when they contract; they don't push.

**Musculo-skeletal system:** The name given to the combined body system that involves your muscles and your skeleton.

#### Exam tip



You will be required to link specific muscles with specific movements. For example, *When the triceps muscle contracts it causes extension at the elbow, which is a hinge joint.*

Use the contents in the student book to navigate the pages of support

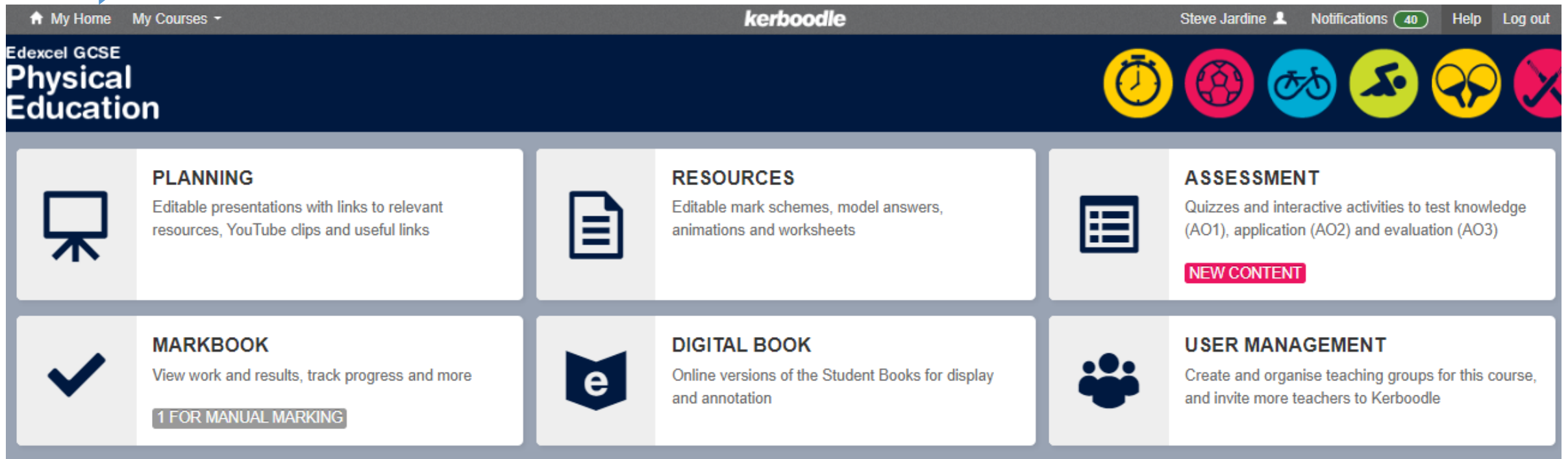
## Contents

### **FITNESS AND BODY SYSTEMS**

#### **Chapter 1: Applied anatomy and physiology . . . . .5**

1.1 The functions of the skeletal system in physical activity . . . . .	6
1.2 Bone classifications and physical activity . . . . .	8
1.3 Joint classifications and physical activity . . . . .	10
1.4 Movements possible at different joints . . . . .	11
1.5 Muscle types and physical activity . . . . .	14
1.6 Voluntary muscles and their role in physical activity . . . . .	16
1.7 Antagonistic pairs . . . . .	17
1.8 Fast and slow twitch muscle fibre types . . . . .	19
1.9 The functions of the cardiovascular system in physical activity . . . . .	22
1.10 The heart . . . . .	24
1.11 The route blood takes through the heart . . . . .	25
1.12 Blood vessels and their role in physical activity . . . . .	26
1.13 Blood and its role in physical activity . . . . .	28
1.14 The respiratory system . . . . .	30

# Click my home take you to other subjects















↑ My Home My Courses ▾

kerboodle

Steve Jardine 👤 Notifications 40 Help Log out

Edexcel GCSE  
**Physical Education**

	<b>PLANNING</b> Editable presentations with links to relevant resources, YouTube clips and useful links		<b>RESOURCES</b> Editable mark schemes, model answers, animations and worksheets		<b>ASSESSMENT</b> Quizzes and interactive activities to test knowledge (AO1), application (AO2) and evaluation (AO3) <b>NEW CONTENT</b>
	<b>MARKBOOK</b> View work and results, track progress and more <b>1 FOR MANUAL MARKING</b>		<b>DIGITAL BOOK</b> Online versions of the Student Books for display and annotation		<b>USER MANAGEMENT</b> Create and organise teaching groups for this course, and invite more teachers to Kerboodle

# Do the same for other subjects in school e.g. History!

The screenshot shows the Kerboodle website interface. At the top, there is a navigation bar with 'My Home', 'My Courses', the 'kerboodle' logo, and a 'Ste' button. Below the navigation bar is the 'kerboodle' logo and the text 'Your Favourites'. Under 'Your Favourites', there is a card for 'Edexcel GCSE Physical Education' with a green star icon. Below this is the 'All Courses' section, which contains three course cards: 'Activate', 'KS3 History by Aaron Wilkes Third Edition', and 'KS3 History 4th edition'. A blue arrow points from the text 'History!' in the main heading to the 'KS3 History 4th edition' card.

My Home My Courses kerboodle Ste

kerboodle

Your Favourites

Edexcel GCSE Physical Education Edexcel GCSE Physical Education

All Courses

Activate Activate

KS3 HISTORY by Aaron Wilkes Third Edition KS3 History

KS3 HISTORY FOURTH EDITION KS3 History 4th edition



# Good luck!

- I will provide support to students and parents that need it
- Contact the office at [admin@cloughwood.cheshire.sch.uk](mailto:admin@cloughwood.cheshire.sch.uk) if you need help
- Feel free to attempt the physical daily challenges on the website to keep your self active and healthy!
- Stay safe – Mr Jardine!