**Musculoskeletal system Unit Project**

**Choose 1 of the following areas to focus on**

* Arm/elbow
* Leg/knee
* Hand/ wrist
* Foot/ankle
* Pelvic girdle
* Shoulder

May be easier to focus on a movement in one of these areas.

Requirements:

1. Identify the major

* Bones
* Muscles
* Ligaments
* Tendons
* Joints

Choose one of the following:

Create a working model of the joint/ movement be sure to include/ show

* Bones
* Muscles
* Ligaments
* Tendons
* Joints (type)

OR

Create a video illustrating the type of movement. Be sure to include/show

* Bones
* Muscles
* Ligaments
* Tendons
* Joints (type)

**\*\*Must include a written explanation of what is happening during the movement in the form of a paragraph\*\*\***