

Body in Action Checklist

Co-ordination (* = Credit outcomes)

1. An **eye** has the following structures : *cornea, iris, pupil, retina, lens, optic nerve.*
2. The cornea **allows light in** and starts to **focus the light**.
The iris controls the amount of light which enters the eye.
5. Explain how **binocular vision** allows us to **judge distances**.
6. Label the parts of the **ear**, including: *auditory canal, eardrum, middle ear bones, oval window, cochlea, auditory nerve, semi-circular canals.*
7. Give the **functions** of these parts.
8. State that having **two ears** allows us to detect the **direction** of sound.
9. Explain how the **semi-circular canals** work to provide **balance**.
10. State that the **central nervous system** (CNS) consists of the brain and spinal cord.
11. State that information from **sense organs** flows **into** the CNS through **sensory** nerves.
12. State that messages flow **out** of the CNS to **muscles** and **glands** through **motor** nerves
13. State the definition of a **reflex action** and state that the **function** of reflex actions is to **prevent harm** to the body. Give 4 examples.
14. State that nerve cells are called **neurones**.
15. State that where neurones meet there is a gap called a **synapse**.
16. State that when a **nerve impulse** reaches a synapse that it releases a **chemical** which diffuses across the gap and triggers off an impulse in the next nerve
17. Label a diagram of a **reflex arc** including: *stimulus, receptors, sensory neurone, cell body, CNS, synapse, relay neurone, motor neurone, motor end plate, and show direction in which impulse travels.*
18. Show on a cross section of the spinal cord the position of **white matter** and **grey matter**.

- 19*. The three parts of the **brain** are
- (i) **cerebrum** (or cerebral hemispheres) which controls conscious thought processes, memory, intelligence
 - (ii) **cerebellum** which controls the coordination of balance
 - (iii) **medulla** which controls automatic heart rate and breathing rate.