

The areas for development are:	Solutions:
<ul style="list-style-type: none"> understanding the structure and functions of the musculo-skeletal system 	<ul style="list-style-type: none"> BBC Bitesize Website: Muscular System BBC Bitesize Website: Skeletal System
<ul style="list-style-type: none"> knowing the structure and functions of the cardio-respiratory system 	<ul style="list-style-type: none"> BBC Bitesize Website: Cardiovascular System BBC Bitesize Website: Respiratory System
<ul style="list-style-type: none"> identifying anaerobic and aerobic exercise 	<ul style="list-style-type: none"> BBC Bitesize Website: Aerobic and Anaerobic Exercise
<ul style="list-style-type: none"> recognising the short effects of exercise 	<ul style="list-style-type: none"> BBC Bitesize Website: The short term effects of exercise
<ul style="list-style-type: none"> understanding lever systems, examples of their use in activity and the mechanical advantage they provide in movement 	<ul style="list-style-type: none"> BBC Bitesize Website: Movement Analysis
<ul style="list-style-type: none"> recognising planes and axes of movement 	<ul style="list-style-type: none"> BBC Bitesize Website: Movement Analysis
<ul style="list-style-type: none"> understanding the relationship between health and fitness and the role that exercise plays in both 	<ul style="list-style-type: none"> BBC Bitesize Website: Health Fitness & Exercise (Page 1)
<ul style="list-style-type: none"> describing the components of fitness, benefits for sport and how fitness is measured and improved 	<ul style="list-style-type: none"> BBC Bitesize Website: Health Fitness & Exercise (Page 2) BBC Bitesize Website: Health Fitness & Exercise (Page 3)
<ul style="list-style-type: none"> appreciating the principles of training 	<ul style="list-style-type: none"> BBC Bitesize Website: Principles of Training
<ul style="list-style-type: none"> recognising the long-term effects of exercise 	<ul style="list-style-type: none"> BBC Bitesize Website: The long term effects of exercise
<ul style="list-style-type: none"> knowing how to optimise training and prevent injury 	<ul style="list-style-type: none"> BBC Bitesize Website: Health & Safety in Sport
<ul style="list-style-type: none"> understanding the effective use of warm up and cool down 	<ul style="list-style-type: none"> BBC Bitesize Website: Methods and effects of training (Page 1)

<ul style="list-style-type: none"> • using data 	<ul style="list-style-type: none"> • BBC Bitesize Website: Principles of Training (Page 2)
<ul style="list-style-type: none"> • demonstrating skills in an individual physical activity or sport, applying appropriate technique(s) 	<ul style="list-style-type: none"> • BBC Bitesize Website: Practical Performance • Edexcel Practical Performance Assessment Criteria
<ul style="list-style-type: none"> • demonstrating skills in a team sport, applying appropriate technique(s) 	<ul style="list-style-type: none"> • BBC Bitesize Website: Practical Performance • Edexcel Practical Performance Assessment Criteria
<ul style="list-style-type: none"> • identifying components of fitness to improve through a PEP, with suitable justification in relation to the impact on their performance 	<ul style="list-style-type: none"> • BBC Bitesize Website: Writing a Personal Exercise Programme (Page 1)
<ul style="list-style-type: none"> • recording fitness levels at the beginning of the PEP, using recognised fitness tests 	<ul style="list-style-type: none"> • BBC Bitesize Website: Writing a Personal Exercise Programme (Page 2)
<ul style="list-style-type: none"> • using pre-PEP fitness test results to determine and justify their choice of training methods and training intensities 	<ul style="list-style-type: none"> • BBC Bitesize Website: Writing a Personal Exercise Programme (Page 2)
<ul style="list-style-type: none"> • justifying the use of SMART targets, to set their goals in their PEP 	<ul style="list-style-type: none"> • BBC Bitesize Website: Target Setting (Page 2)
<ul style="list-style-type: none"> • carrying out and monitoring their PEP 	<ul style="list-style-type: none"> • BBC Bitesize Website: Writing a Personal Exercise Programme (Page 2)

[Return to Y9 Solutions Homepage](#)