

GCSE Paper 1: The human body and movement in physical activity and sport

The Structure and Functions of the Musculoskeletal System	1	2	3	4	5
Tell me 5	Urgent revision needed	Time to step up your revision	Component but still work to do	Revision is progressing well	Exam ready keep it up!
Functions & Types of bones					
Pairs of muscles					
Things about types of muscle contractions					
Structure of a joint					
Movements at a joint					

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The Structure and functions of the cardio-respiratory system	1	2	3	4	5
Tell me 5	Urgent revision needed	Time to step up your revision	Component but still work to do	Revision is progressing well	Exam ready keep it up!
Things about pathway of air					
Things about gaseous exchange					
Things about the structure of the heart					
Things about spirometer trace					
Things about mechanics of breathing					

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Aerobic and Anaerobic Exercise & Short and Long Term Effects of Exercise	1	2	3	4	5
Tell me 5	Urgent revision needed	Time to step up your revision	Component but still work to do	Revision is progressing well	Exam ready keep it up!
Things about aerobic Exercise					
Things about anaerobic Exercise					
Ways to recover from exercise					
Immediate term effects					
Short term effects					
Long term effects					

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The Structure and functions of the cardio-respiratory system	1	2	3	4	5
Tell me 5	Urgent revision needed	Time to step up your revision	Component but still work to do	Revision is progressing well	Exam ready keep it up!
Things about lever systems					
Things about mechanical advantage					
Things about planes					
Things about axis					
Things about planes and axis combined					

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Health and Fitness	1	2	3	4	5
Tell me 5	Urgent revision needed	Time to step up your revision	Component but still work to do	Revision is progressing well	Exam ready keep it up!
Things about health					
Components of fitness (List all 10)					
Fitness Tests (List all 10)					
Principles of training (List all 9)					
Methods of training (List all 7)					

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Tell me 5	Urgent revision needed	Time to step up your revision	Component but still work to do	Revision is progressing well	Exam ready keep it up!
Things about calculating intensities					
Ways to reduce injury in sport					
Things about warming up					
Things about cooling down					