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| f  Name and label the 20 bones in the body that you need to know. | Name and label the articulating bones for each joint in the body you need to know. | Name and label the 12 muscles in the body that you need to know. | Explain what the 6 types of movements are, and explain what each movement the 20 muscles allow for. |
| Name and explain the 3 types of blood vessel, giving the roles and characteristics. | Draw and label the 12 different sections of the heart. | Draw and describe the pathway of blood. | Explain and draw the pathway of air (6 sections), then you must explain the process of gaseous exchange that takes place in the alveoli. |
| Explain the mechanics of inspiration and expiration, highlighting the differences. | Right down and test yourself on the 6 key terms for the cardiovascular and respiratory system. | Explain what the differences in aerobic and anaerobic exercise highlighting the differences. | List the short term effects of exercise. |
| List the long term effects of exercise. | List the components of fitness, the tests that match it and the best sport that matches. | Name and explain the principles of training. | Name and explain the FITT principle. |
| Name and explain the 7 types of training, linking them to a sport. | Name and explain the components of a warm up and cool down, including why they are important. | Name and explain the 5 main methods of preventing injury. | Name and explain the hazards of the 5 main sporting areas. |
| Name and explain the 14 factors that could affect exercise. | Name and explain the 5 social groups that could affect participation in sport. | Name and explain PPA. | Draw, name and explain the golden triangle. |
| Name and explain the different types of sponsorship in sport. | Explain the positive and negative effects of sponsorship in sport. | Explain sportsmanship, gamesmanship, violence and deviance using relevant examples. | Name and explain the performance enhancing drugs using relevant sporting examples. |
| Name and explain the characteristics of a skilful movement. | Draw and explain the 2 different continuums using sporting examples. | What are SMART goals? Use examples to explain. | Name and explain the different mental preparation techniques. |
| Name and explain the different types of guidance. | Name and explain the different types of feedback. | Name and explain the physical, emotional and social effects of exercise on health. | Name and explain the physical, emotional and social consequences of a sedentary lifestyle on health. |
| Name and explain the 7 components to a balanced diet, using examples of food to help with your answers. |  |  |  |