

## Learning Aim A – Skeletal System

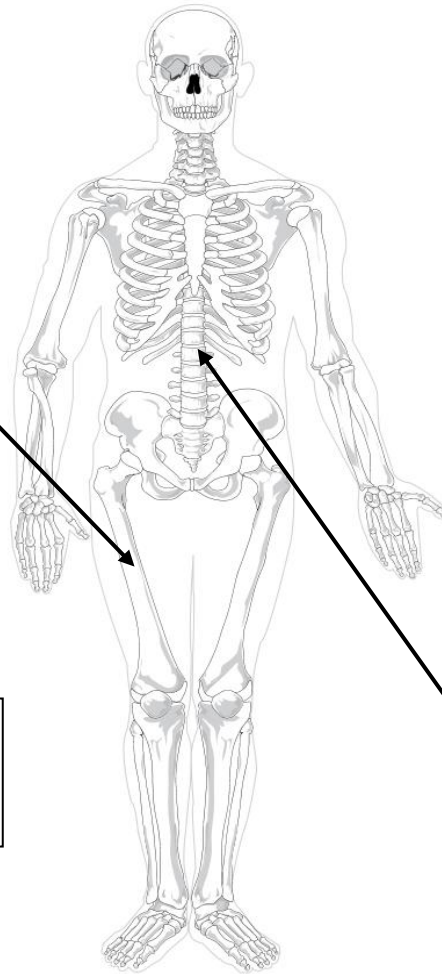
Research and Learn for future knowledge

1, Names and Locations of bones linked to movement

E.g. Femur – top of leg, longest bone in the body.

2, 5 functions of the Skeleton

E.g. Movement – bones provide sites for muscles to attach to, to allow movement



3, How does the skeleton respond to exercise?

Immediate and long term – positive and negative...

4, Vertebral Column

5 areas and what makes them different/similar

## Learning Aim B – Muscular System

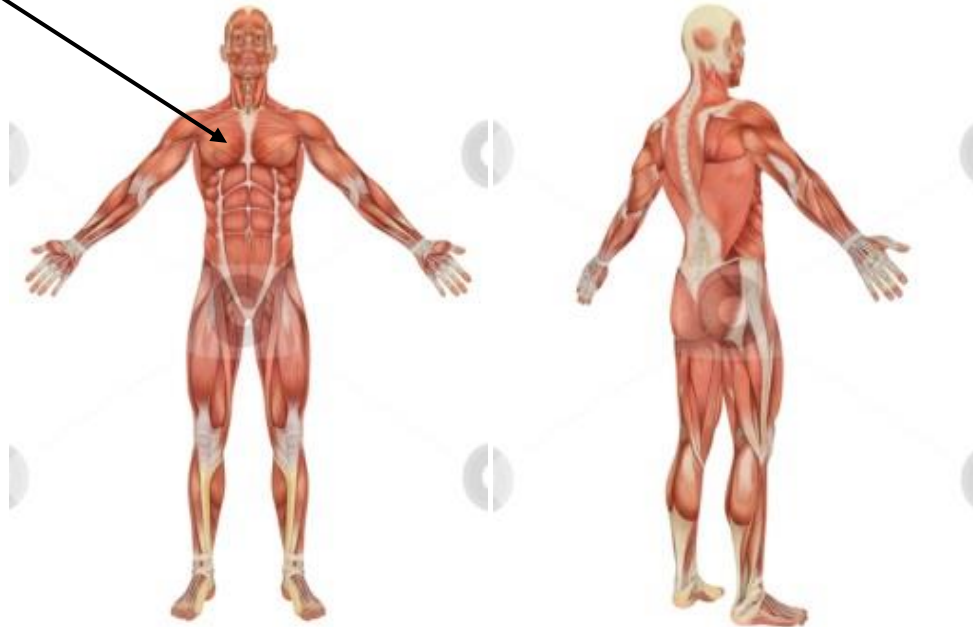
Research and Learn for future knowledge

1, Names and Locations of muscles linked to movement

E.g. Pectorals – chest muscle.

2, Antagonistic pairs;

Muscles work in pairs – where, how and why?



3, Muscle Fibre type

Slow Twitch > Fast Twitch – what is the difference and how does that affect sports participation?

4, How does exercise effect the Muscular system?

Short term effects and long term adaptations

## Learning Aim C – Respiratory system

Research and Learn for future knowledge

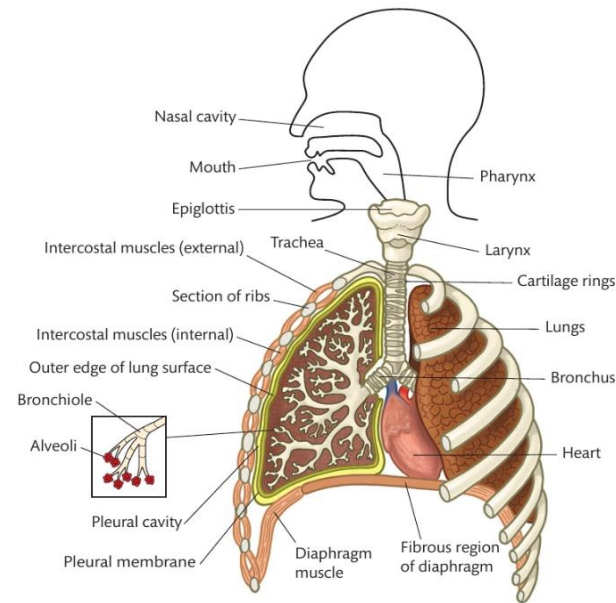
1, Describe the flow of air from the atmosphere to Alveoli;

- Each structure that it passes through....

2, Respiration

Process of breathing in and out!

How does it happen?



3, Carbon Dioxide – CO<sub>2</sub>

How does that affect breathing?

4, Asthma

What is it?

How does it affect your breathing?

## Learning Aim D – Cardio Vascular System

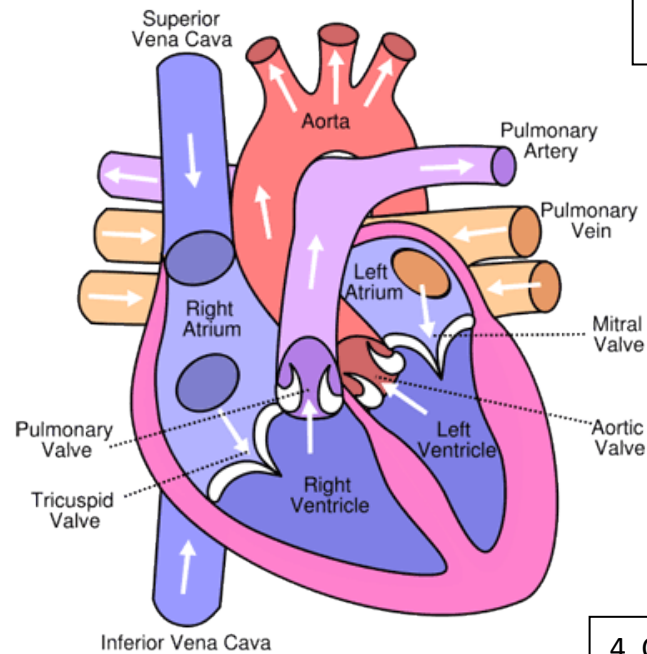
Research and Learn for future knowledge

1, Know and understand the structures of the heart

- Oxygenated and deoxygenated blood

2, How a blood cell get from the Left Ventricle to the Left Atrium?

- What structures does it go through?



3, Carbon Dioxide – CO<sub>2</sub>

How does that affect Heart Rate?

4, Cardio Vascular system adaptations;

How does the Heart improve with exercise?

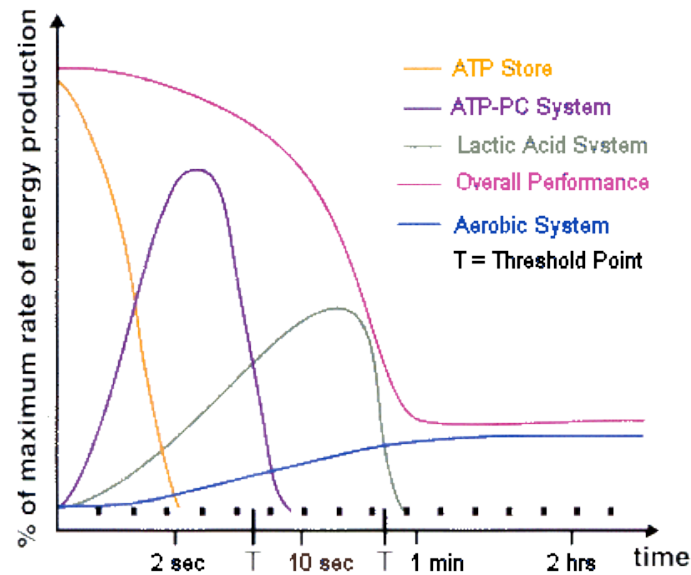
Long and Short term effects of exercise on the CV system..

## Learning Aim E – Energy Systems

Research and Learn for future knowledge

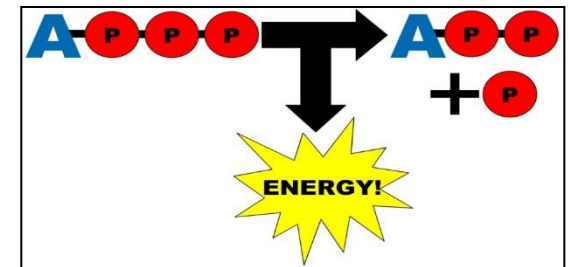
1, Know and understand the graph below

- What is the fuel to create energy



2 ATP > ADP > ATP

How does this process work?



3, What changes the energy system used to create energy?

4, How would;

Age

Diet

Fitness Level

affect the energy system used for Sport and Exercise?