



Physical Education: Areas for Development

Revision Resources

1	Skeletal system - Functions https://sites.google.com/view/mrwnukpe/gcse-pe/component-1-fitness-and-body-systems/skeletal-system
2	Cardiovascular system - Vascular shunting https://sites.google.com/view/mrwnukpe/gcse-pe/component-1-fitness-and-body-systems/cardiovascular-system
3	Muscular system - Muscle fibres https://sites.google.com/view/mrwnukpe/gcse-pe/component-1-fitness-and-body-systems/muscular-system
4	Movement analysis - Levers, Planes and Axis https://sites.google.com/view/mrwnukpe/gcse-pe/component-1-fitness-and-body-systems/movement-analysis
5	Physical training - Fitness tests https://sites.google.com/view/mrwnukpe/gcse-pe/component-1-fitness-and-body-systems/fitness
6	Physical training - Components of fitness https://sites.google.com/view/mrwnukpe/gcse-pe/component-1-fitness-and-body-systems/fitness
7	Physical training - Long term effects of exercise https://sites.google.com/view/mrwnukpe/gcse-pe/component-1-fitness-and-body-systems/responses-to-exercise
8	Physical training - Methods of training https://sites.google.com/view/mrwnukpe/gcse-pe/component-1-fitness-and-body-systems/training

Kindness, Integrity and Tenacity