

Blood Vessels

Can you name the 3 types of blood vessel?

EBI - and explain the characteristics of each?

Spirometer Trace

Can you name different measurements of a spirometer trace?

EBI – can you define each? What happens to them during exercise?

Levers

Can you explain the 3 classes?

EBI – Can you give a sporting example of each? Define each component?

Methods of Training

Can you name the methods of training?

EBI – and describe what each consist of?

GCSE PE

Paper 1

Bread & Butter



Principles of Training

Can you name the principles of training?

EBI - and explain what each means?

Movement

Can you name the 7 types of movement?

EBI - define them and identify a sporting example for each?

Components of Fitness

Can you name the 13 components?

EBI - define them and identify the test for each?