GCSE PE Learning Journey: Topic 1 - Applied Anatomy and Physiology **The Cardio-Respiratory System.**

Step 9: How the CV and Respiratory systems work together

How both systems work together to allow participation in sport

Step 8: Structure of Alveoli

How this enables gas exchange to meet sporting demands

Step 7: Location of respiratory components

5 main components and their role in moving O2 & CO2 in and out of the body

Step 4: Redistribution of blood flow

Vasoconstriction. vasodilation and vascular shunting

Step 5: Blood

Red and white blood cells. platelets and plasma

Step 6: Inhaled & Exhaled air, Vital Capacity & Tidal volume

The impacts of these on sporting activities

Step 3: Structure of arteries, capillaries and veins

How they relate to function and importance during sport

Step 2: Structure of the Cardiovascular system

The main arteries, veins and valves and their role maintaining blood circulation during sport



Step 1: Functions of the Cardiovascular system

4 functions applied to performance in sport













