GCSE PE Learning Journey: Topic 1.3 & 1.4 - Anaerobic and Aerobic Exercise; **Short and Long Term Effects of Exercise**

Step 8: Graphical representation

Interpretation of graphs of HR, SV and CO at rest and during exercise

Step 7: LT training effects and benefits

LT effects of aerobic and anaerobic training and the benefits for performance of the musculoskeletal and cardio-respiratory systems

Step 6: How the respiratory and CV systems work together

To allow participation in, and recovery from physical activity

Step 3: ST effects of physical activity

ST effects on lactate accumulation & muscle fatigue and the impact on performance



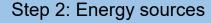
Step 4: ST effects of physical activity

ST effects on heart rate, stroke volume and cardiac output



Step 5: ST effects of physical activity

ST effects on the depth and rate of breathing



Fuel sources for anaerobic and aerobic exercise



Step 1: Energy

The impact of glucose and oxygen on energy release













