GCSE PE Learning Journey Component 1: Fitness and Body Systems

Step 1:
1.1 The structure and functions of the musculo-skeletal system

Step 2:
1.2 The structure and functions of the cardio-respiratory system

Step 3:
1.3 Anaerobic and aerobic exercise

Step 4:
1.4 The short term effects of exercise

Step 5:
2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement

Step 6:
2.2 Planes and axes of movement

Step 7:
3.1 The relationship between health and fitness and the role that exercise plays in both

Step 8:
3.2 The components of fitness, benefits for sport and how fitness is measured & improved

Step 9:
3.3 The principles of training and their application to PEP's

Step 10:
3.4 The long term effects of exercise

Step 11:
3.5 How to optimise training and prevent injury

Step 12:
3.6 Effective use of warm-up and cool down

Step 13:
4.1 Use of data

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