Guiseley School Revision Support

Subject: PE Unit 1 - Body systems and the effects of physical activity

Topic	Notes			
Understand the skeletal system in relation to exercise and physical activity 1.1 The axial and appendicular skeletons 1.2 The functions of the skeleton and the link to types of bone 1.3 Classifications of joints 1.4 The types of synovial joint 1.5 Structures and functions of synovial joints 1.6 Joint movements 1.7 Structure and function of the vertebral column 1.8 The impact of physical activity, training and lifestyle on the skeletal system				
Understand the muscular system in relation to exercise and physical activity 2.1 Main muscles acting at synovial joints 2.2 Types of muscle function 2.3 Types of muscle contraction 2.4 Structure and function of muscle fibre types 2.5 Link between mix of fibre types and performance 2.6 The impact of physical activity, training and lifestyle on the muscular system				
Understand the cardiovascular system in relation to exercise and physical activity 3.1 The structures of the heart and their roles 3.2 Stroke volume, heart rate and cardiac output 3.3 Structure of blood vessels 3.4 Components and functions of blood 3.5 Vascular shunt mechanism and the role of arterioles and pre-capillary sphincters 3.6 The impact of physical activity, training and lifestyle on the cardiovascular system				
Understand the respiratory system in relation to exercise and physical activity 4.1 The structures of the lungs and their roles 4.2 Respiratory muscles used during exercise 4.3 The mechanics of breathing 4.4 Gaseous exchange at the alveoli 4.5 Tidal volume, breathing frequency and minute ventilation 4.6 The impact of physical activity, training and lifestyle on the respiratory system				
Understand the different energy systems in relation to exercise and physical activity 5.1 The three energy systems 5.2 The energy continuum and how intensity and duration of exercise determines which energy system is predominant				

5.3 The recovery process for each energy system				

Resources to support revision:

The everlearner: https://theeverlearner.com/

Knowledge organisers – on Teams

Lesson PowerPoints – on Teams

Past papers and mark schemes – on Teams

Exercise books