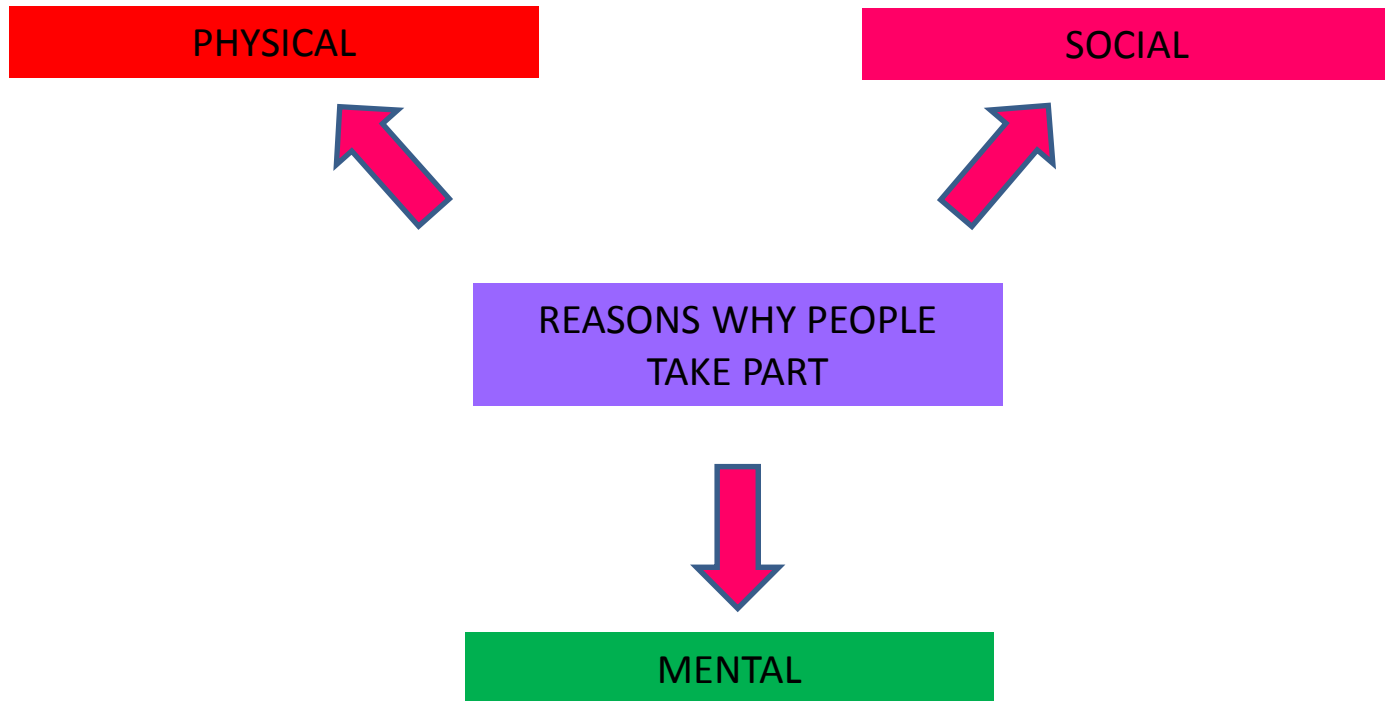
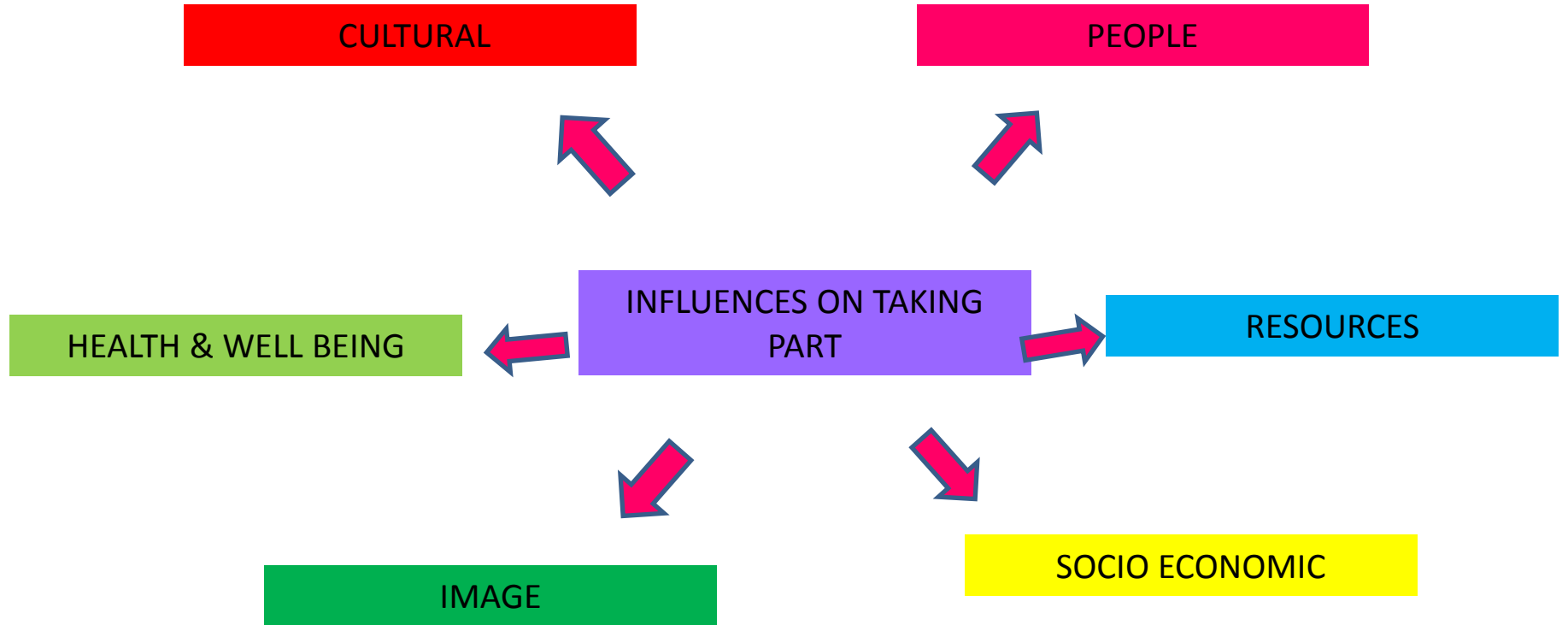


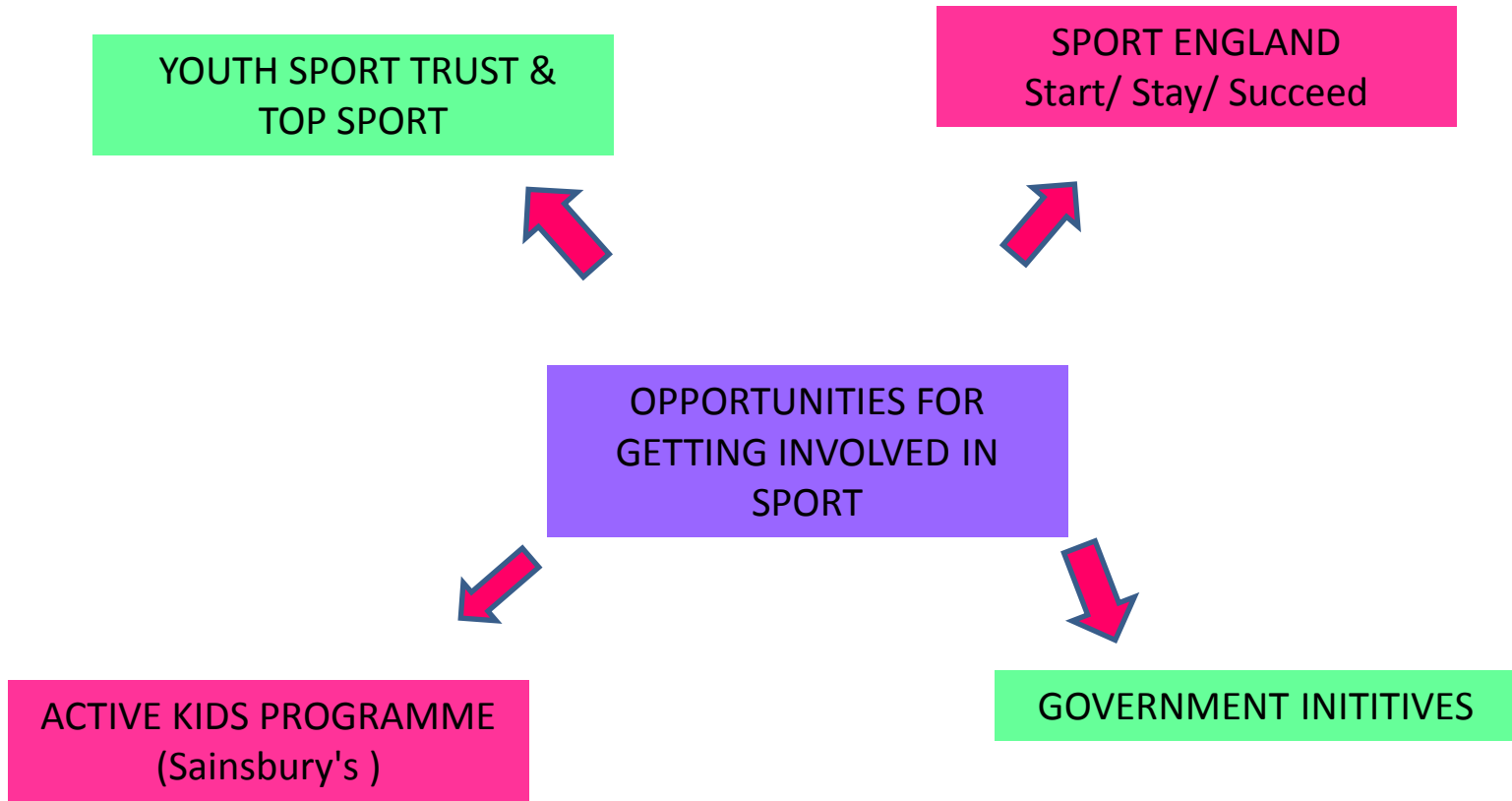
GCSE PE COURSE REVISION

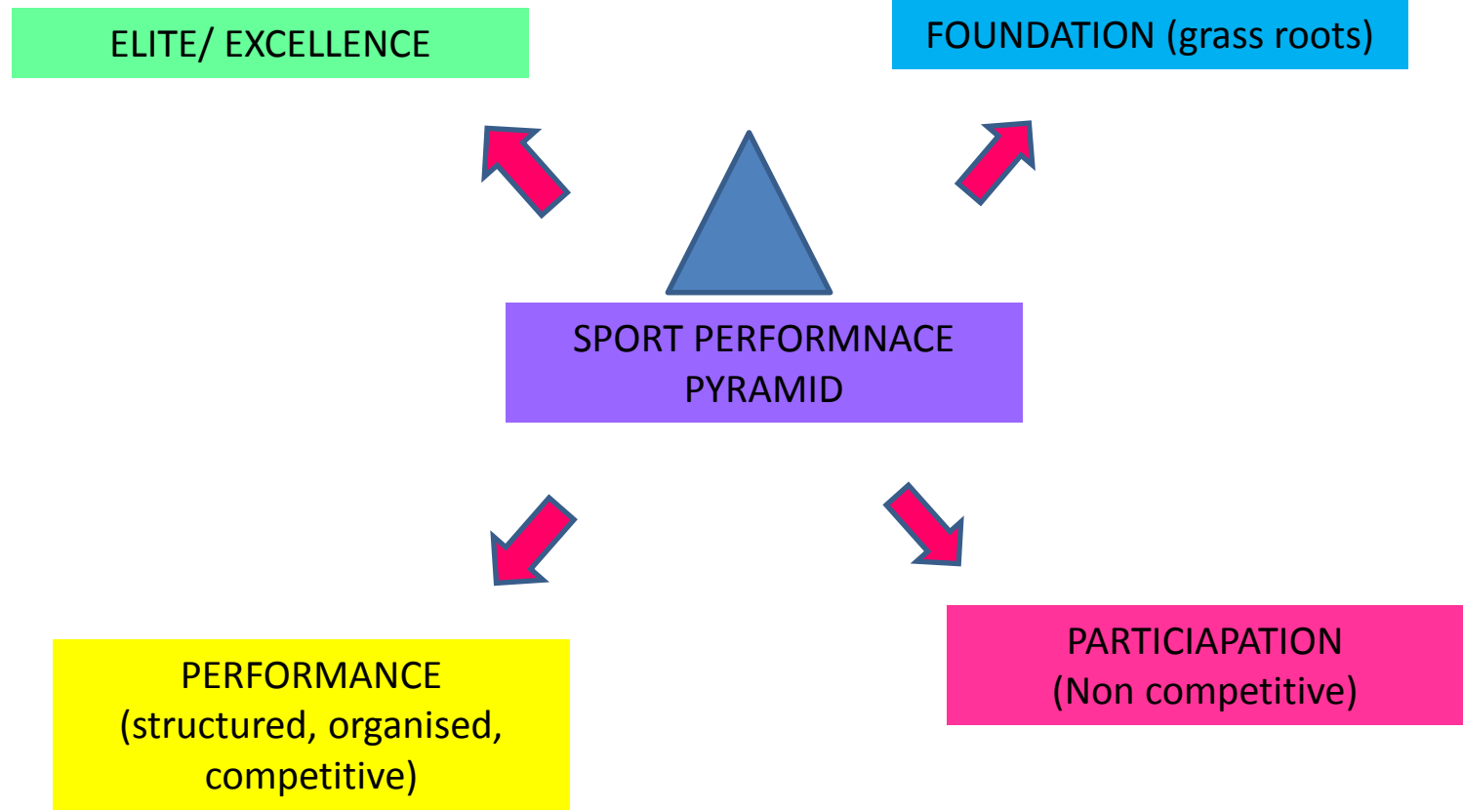


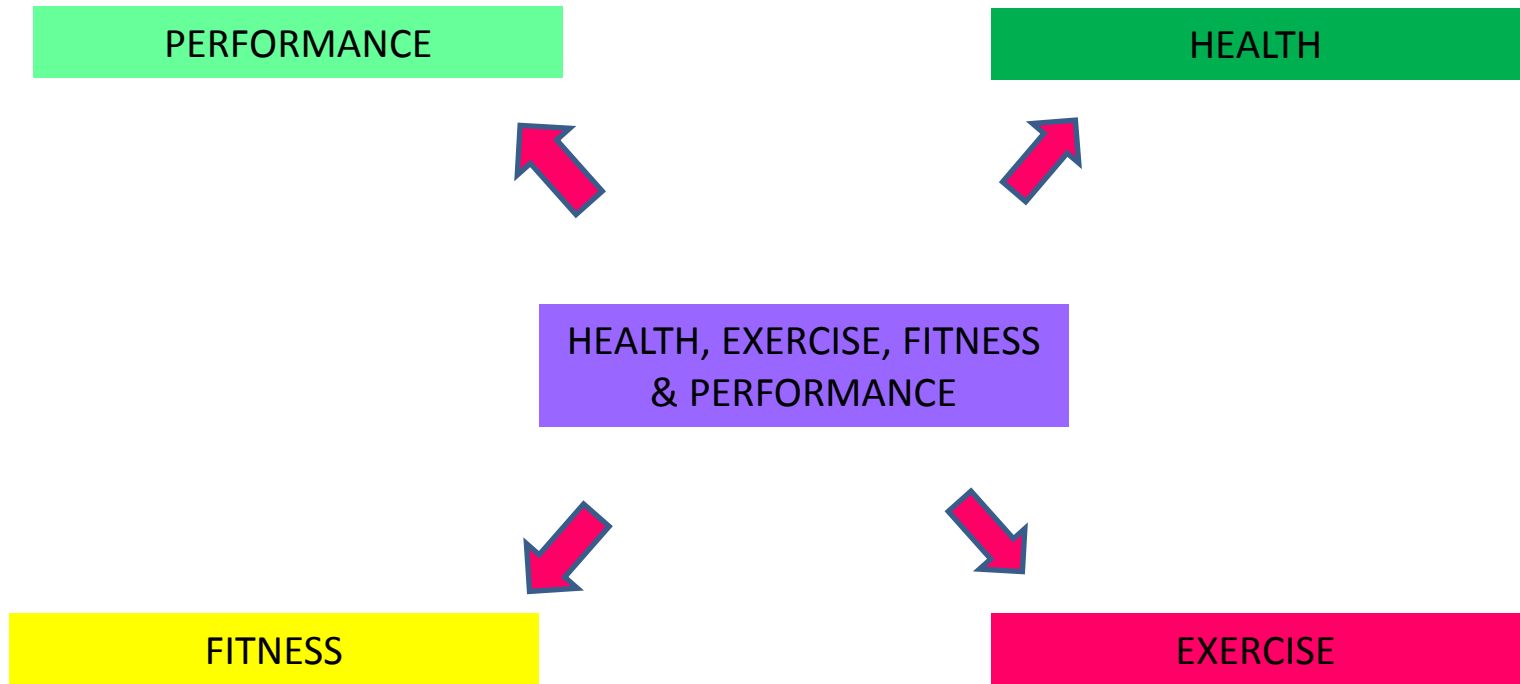
SPIDER DIAGRAMS

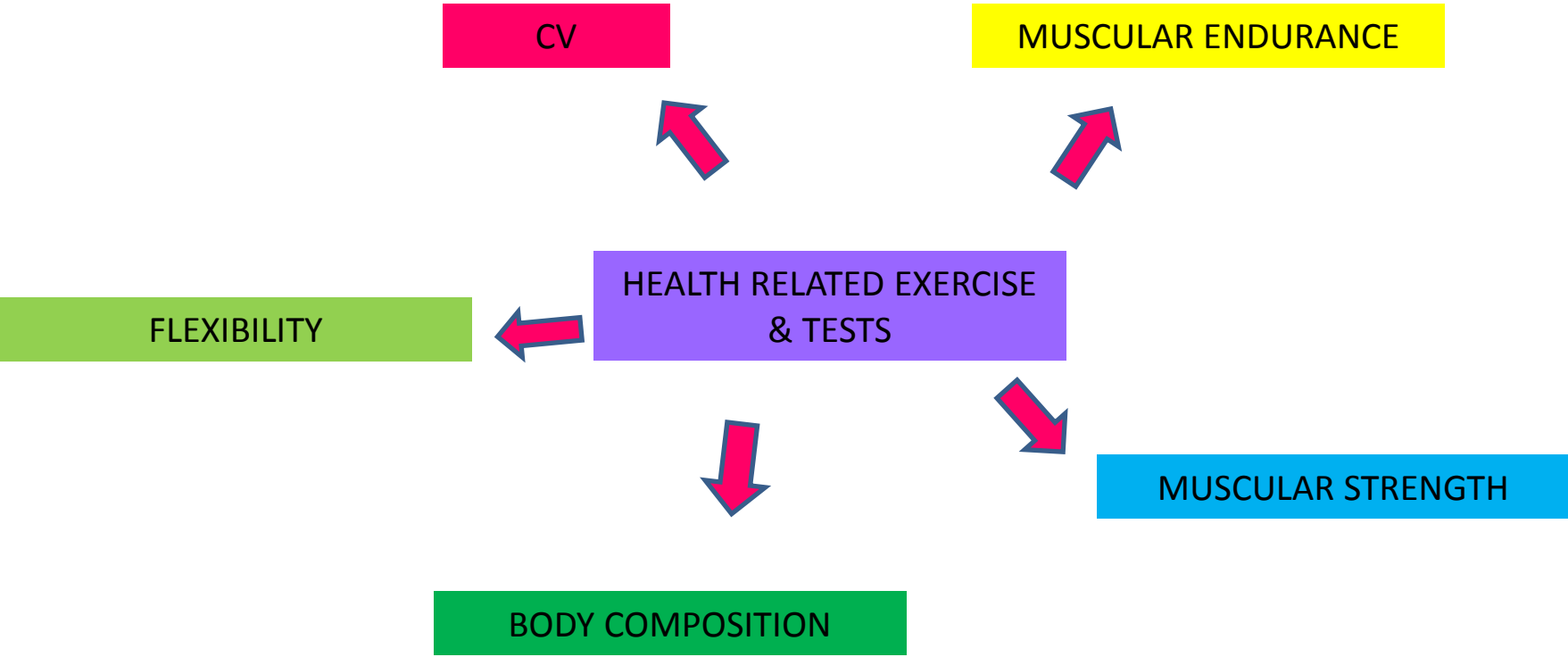


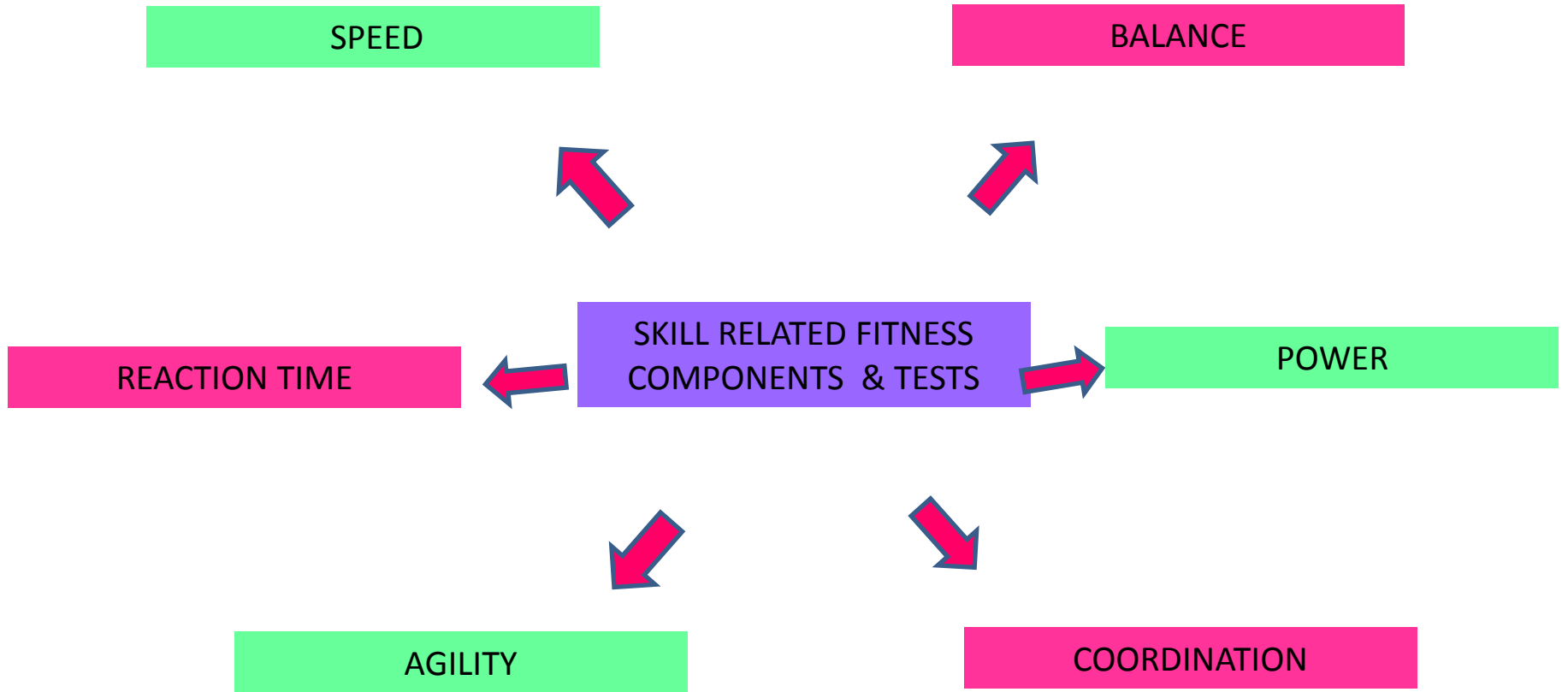


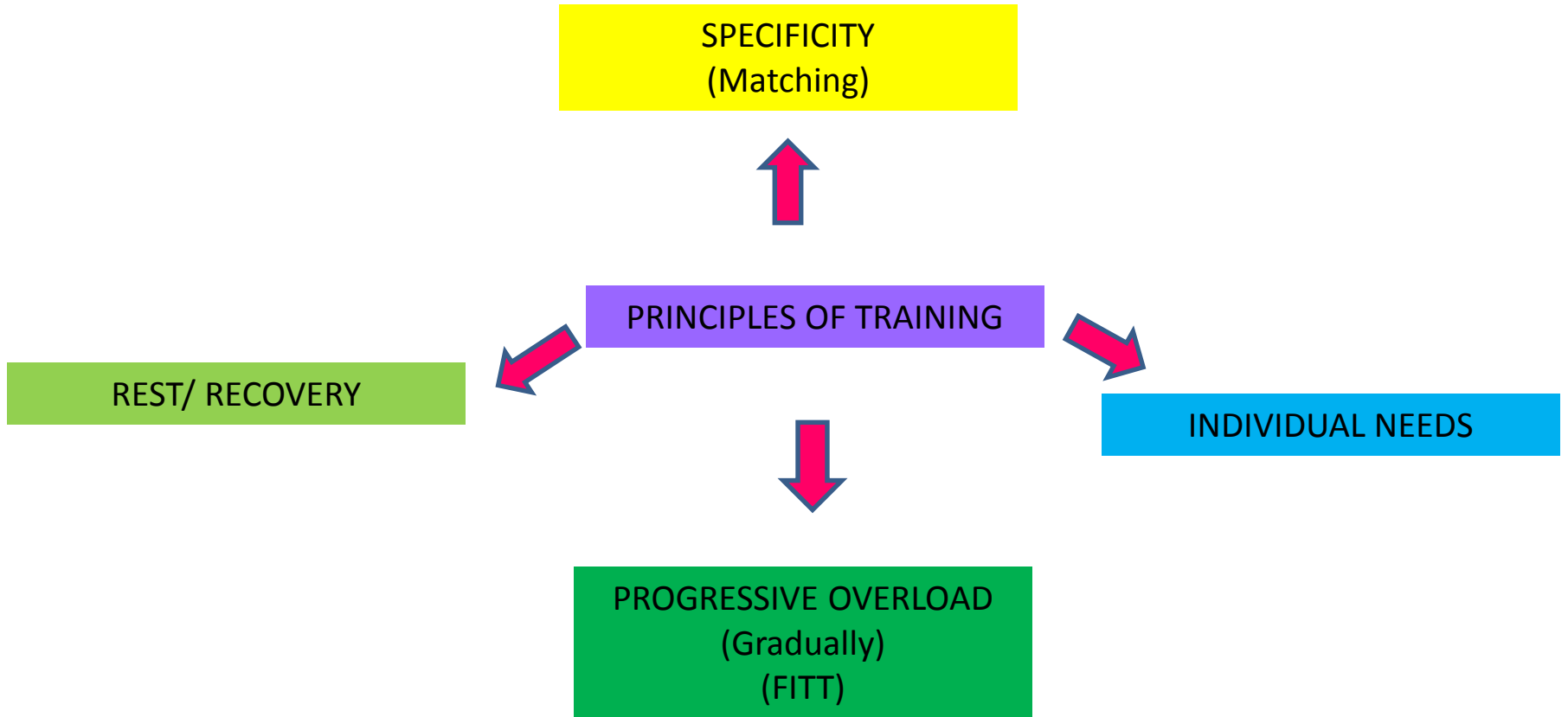












TYPE

FREQUENCY



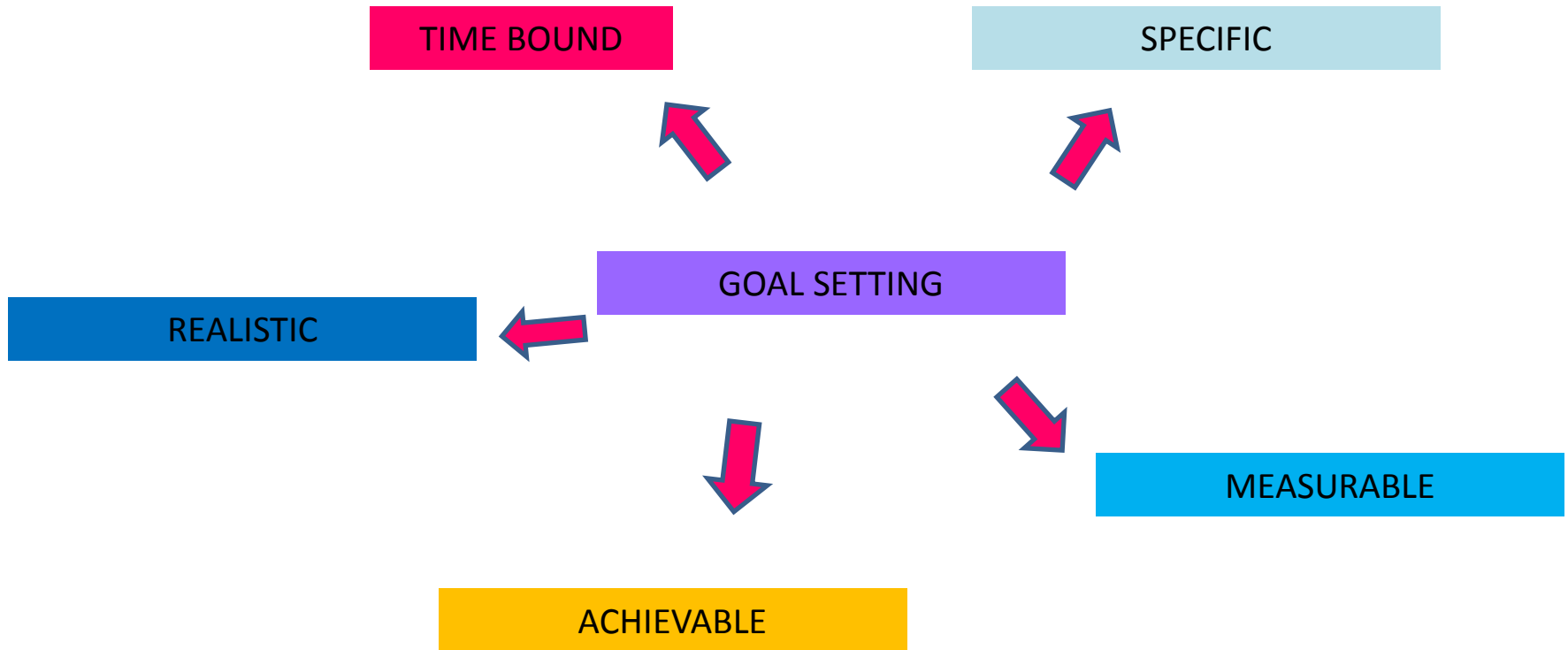
PROGRESSIVE OVERLOAD

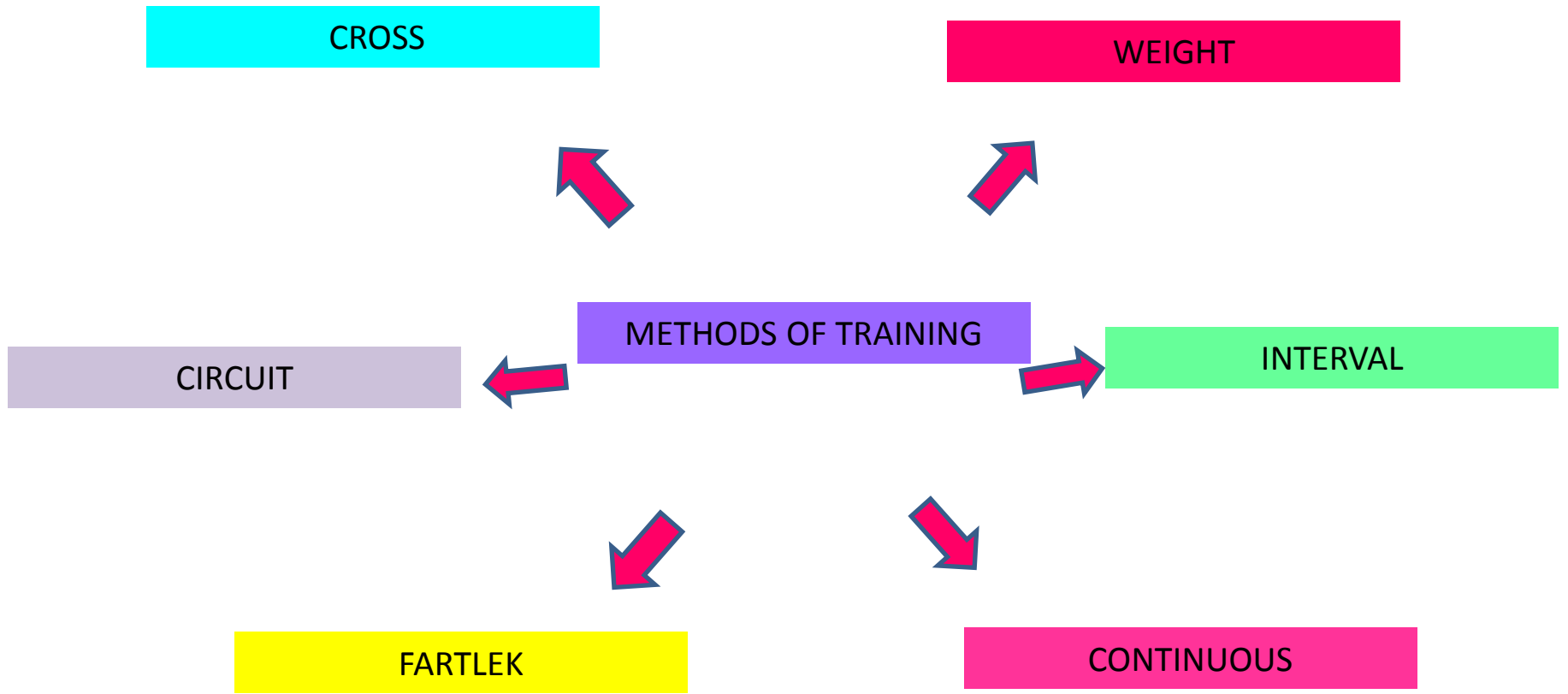


TIME

INTENSITY

YOU GOT TO BE ...SMART





COOL DOWN

WARM UP

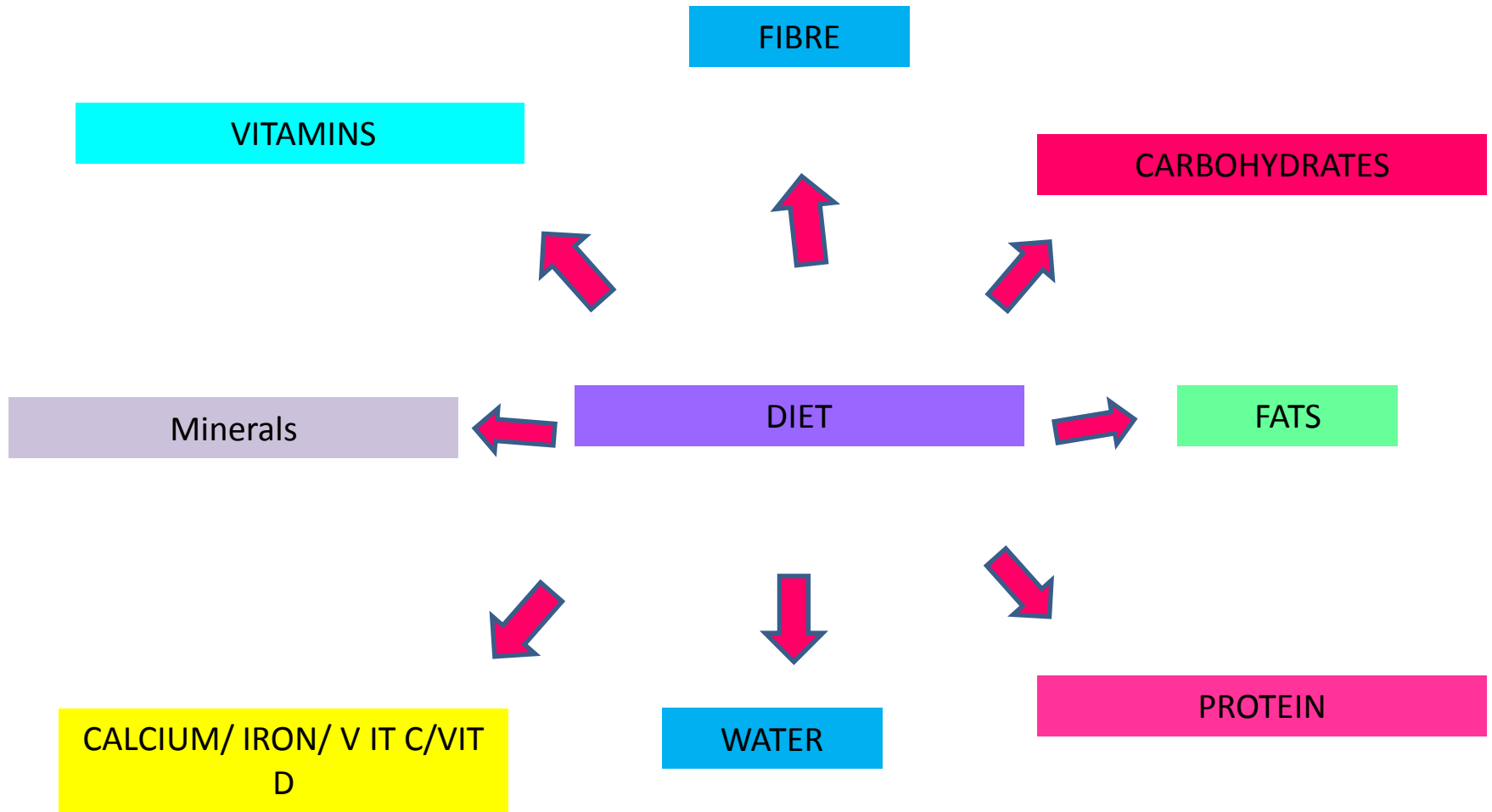


THE EXERCISE SESSION



SPECIFIC SKILLS PRACTISE

STRETCHING



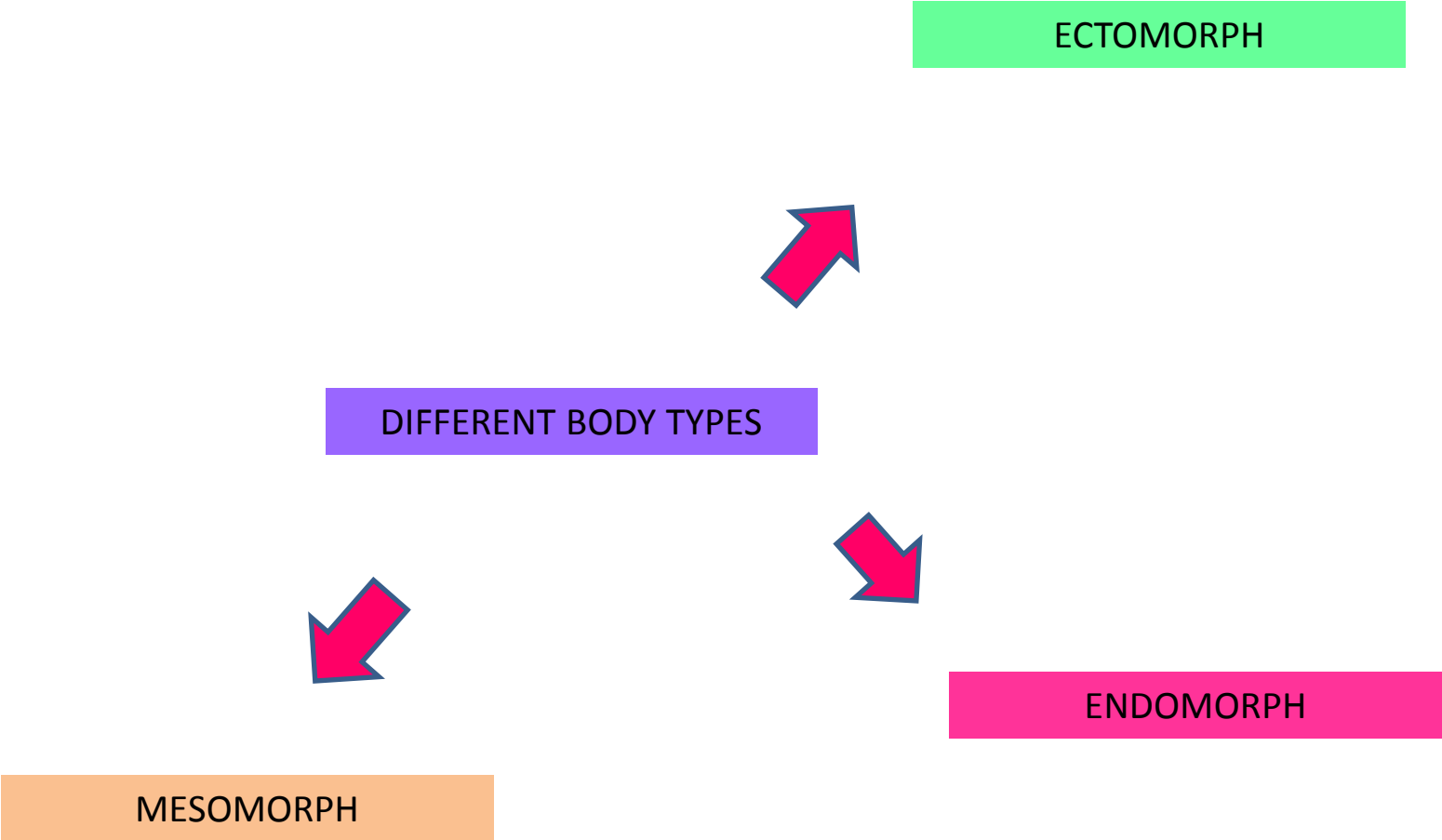
CARBO- LOADING

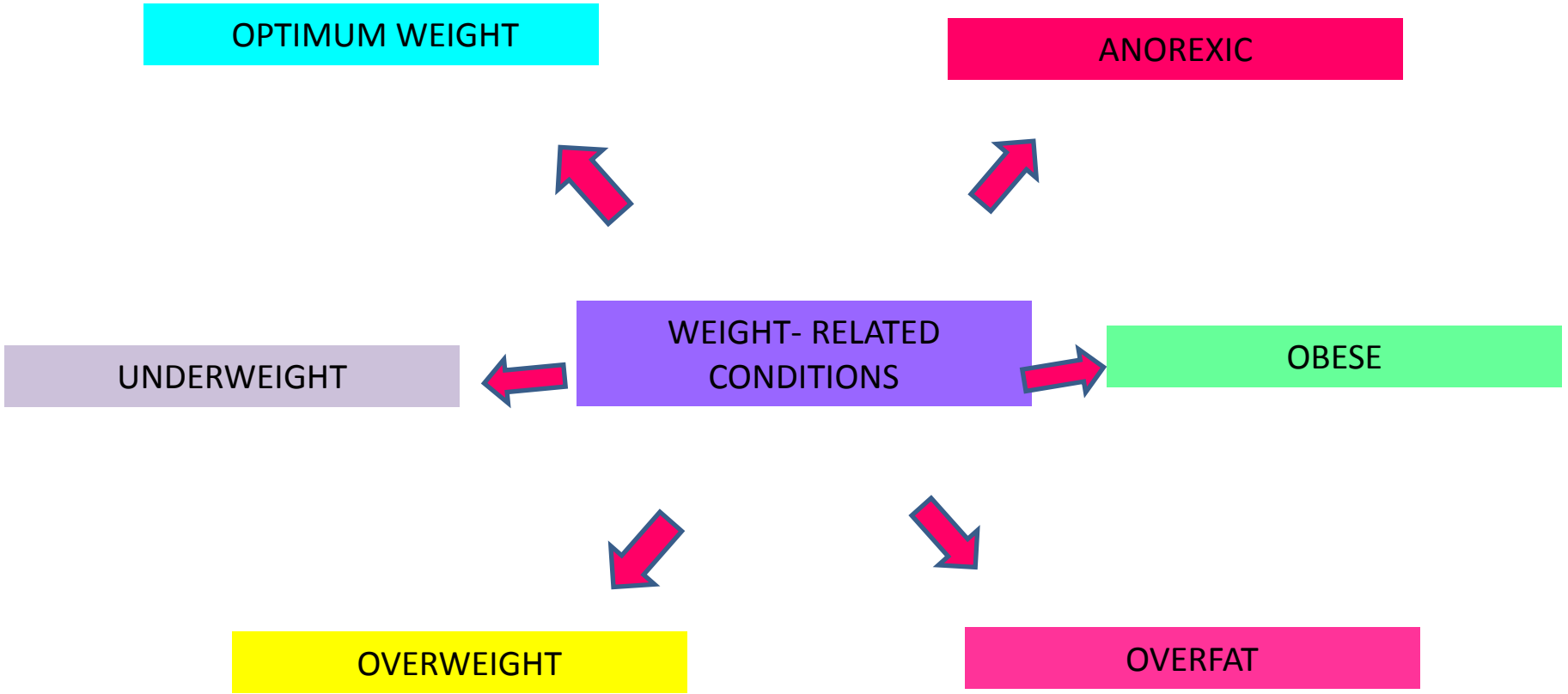


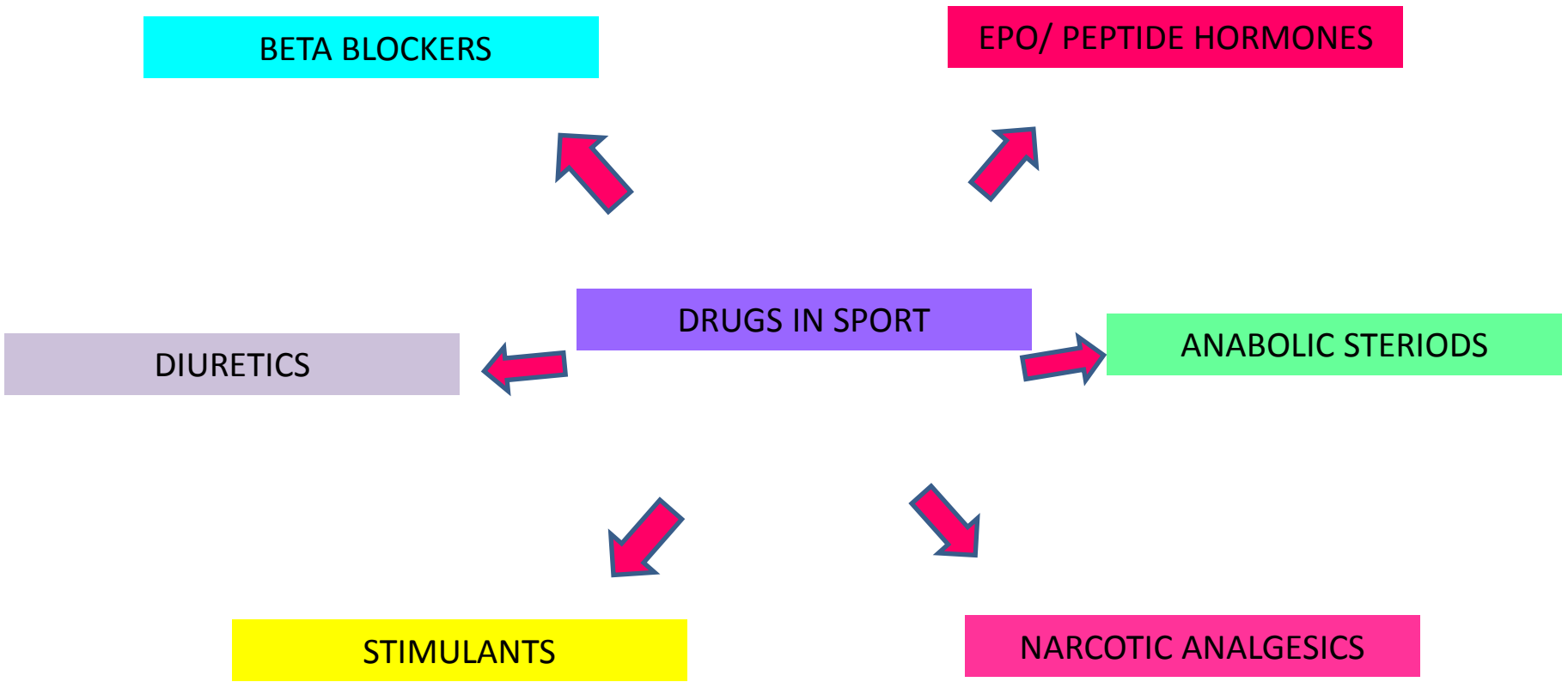
DIETRY INTAKE AND
PERFORMANCE

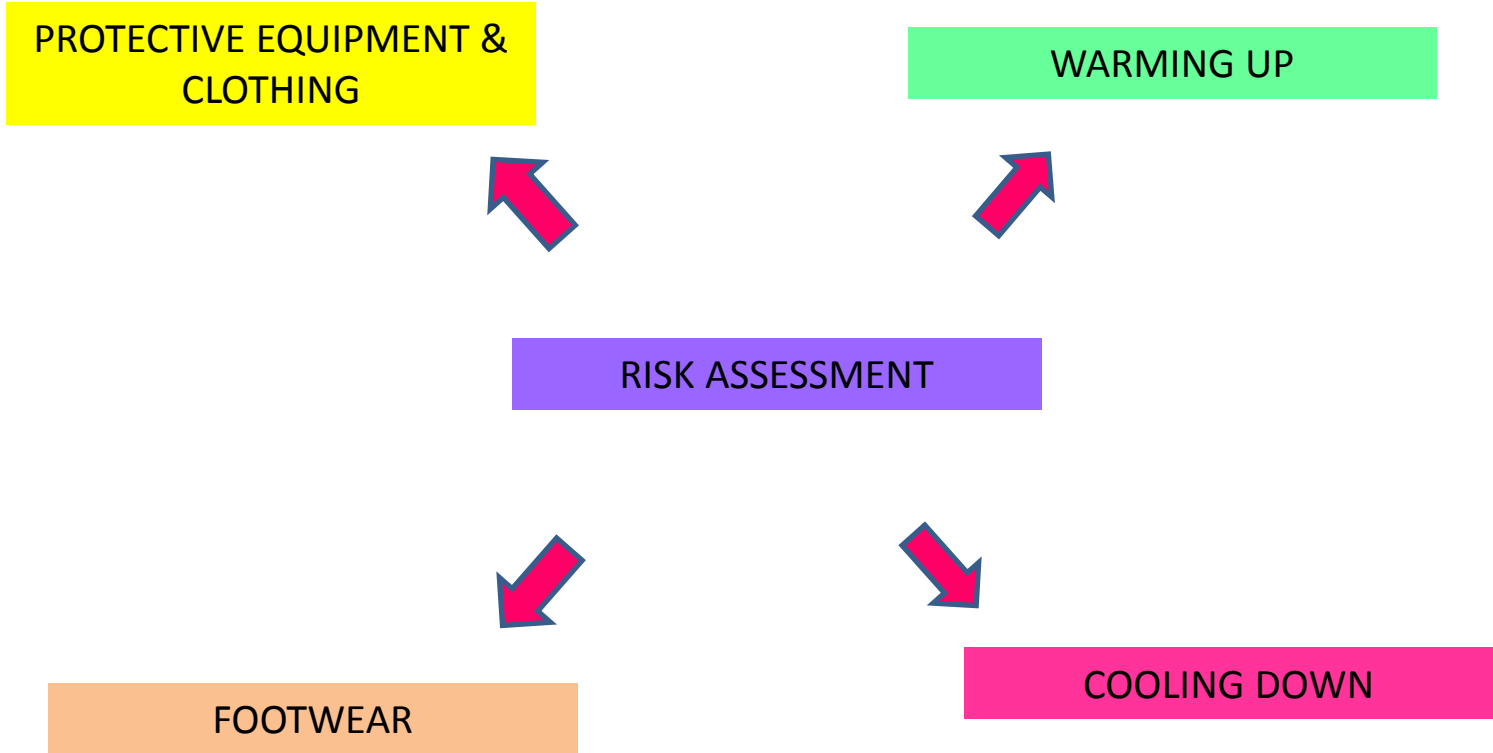


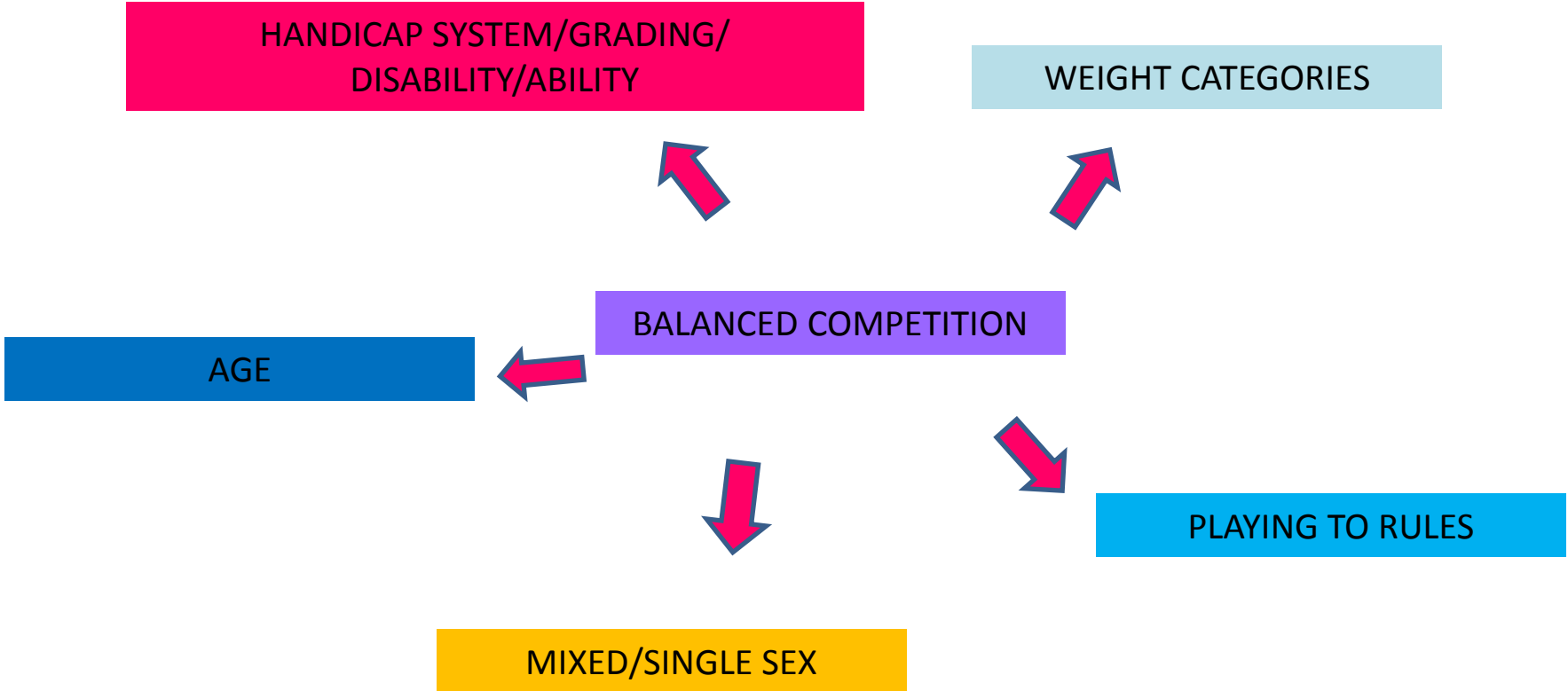
BLOOD FLOW DURING
EXERCISE









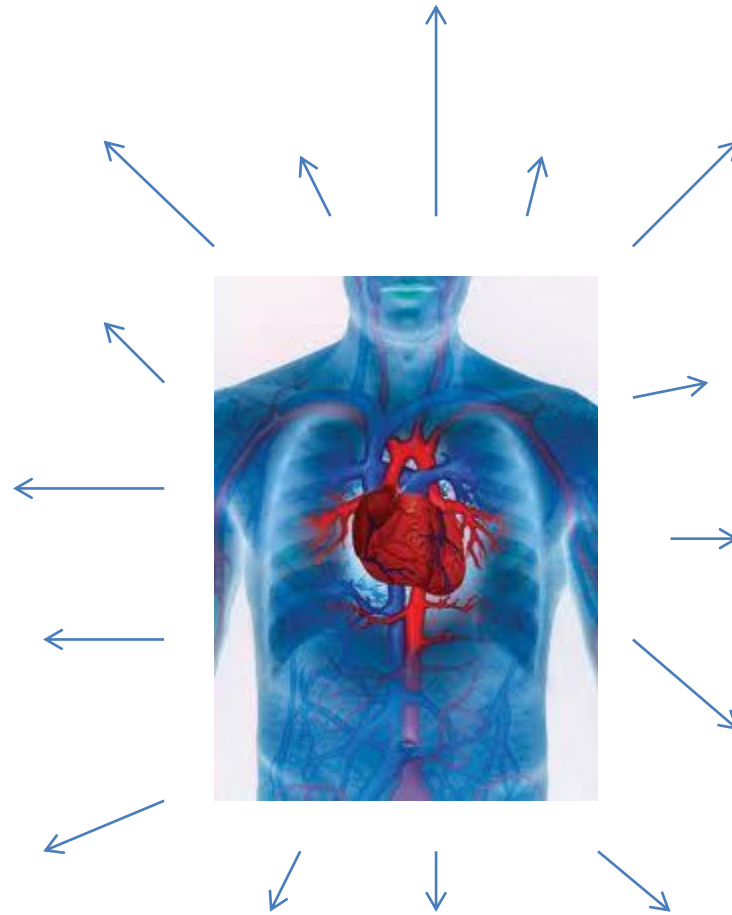


CARDIOVASCULAR SYSTEM

Immediate
effects on the CV
system during
exercise

Long Term
effects on the CV
system during
exercise

CARDIOVASCULAR SYSTEM

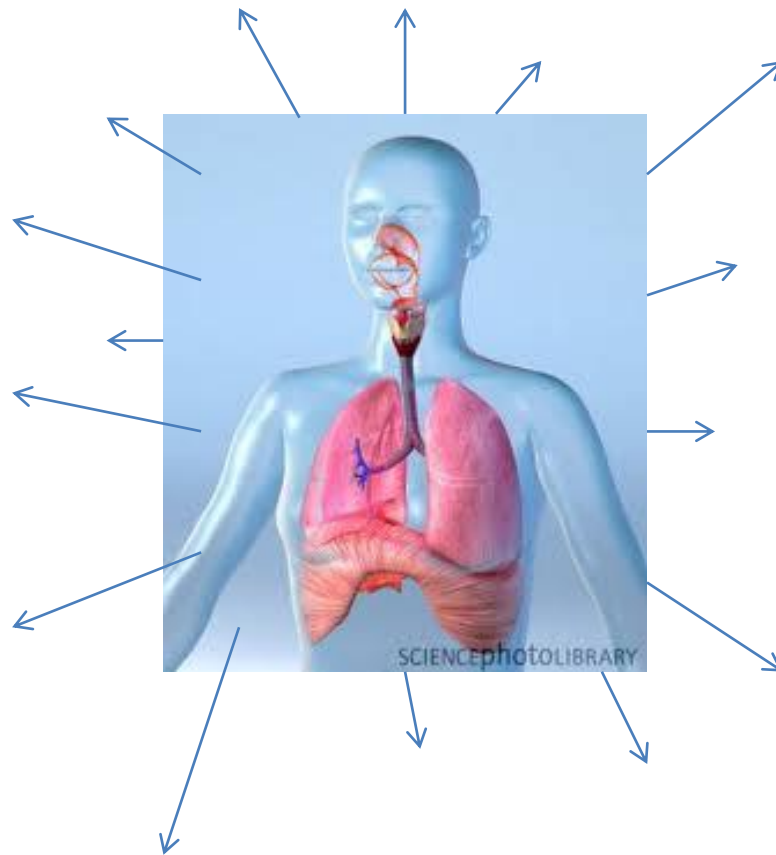


RESPIRATORY SYSTEM

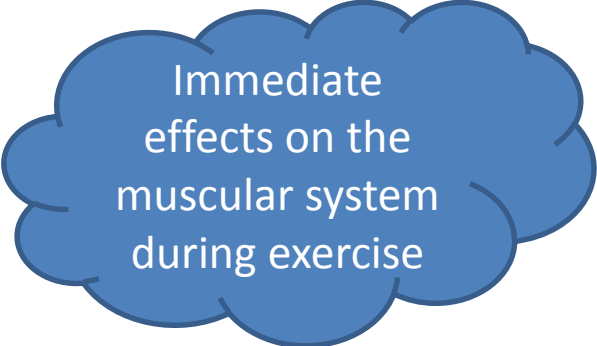
Immediate effects
on the respiratory
system during
exercise

Long Term effects
on the respiratory
system during
exercise

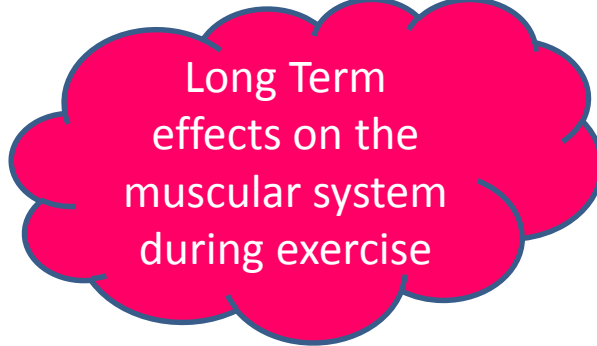
RESPIRATORY SYSTEM



MUSCULAR SYSTEM

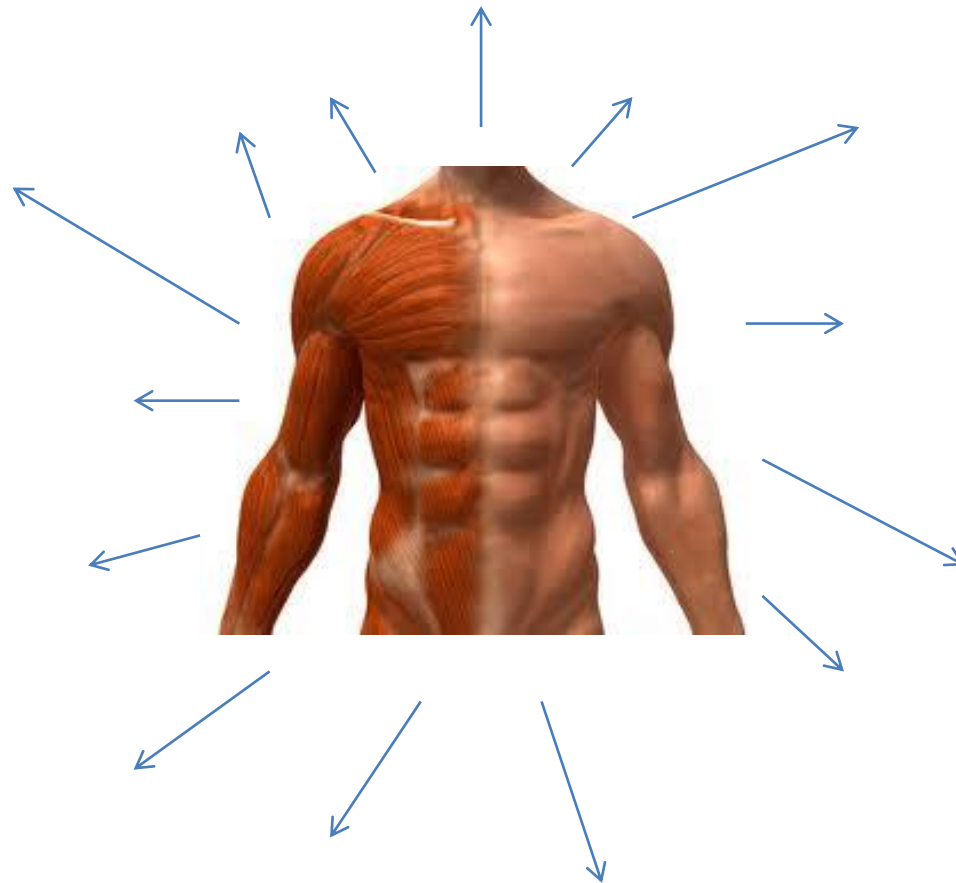


Immediate
effects on the
muscular system
during exercise

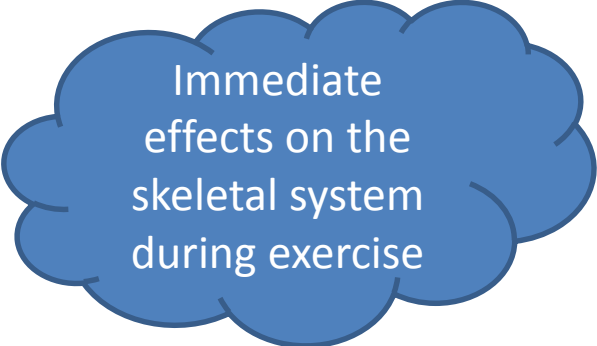


Long Term
effects on the
muscular system
during exercise

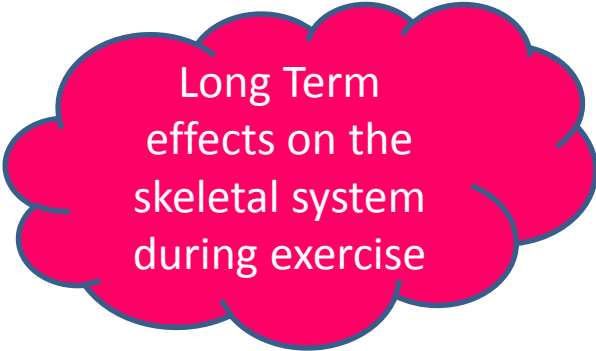
MUSCULAR SYSTEM



SKELETAL SYSTEM



Immediate
effects on the
skeletal system
during exercise



Long Term
effects on the
skeletal system
during exercise

SKELETAL SYSTEM

