|  |  |  |  |
| --- | --- | --- | --- |
| **Learning outcome** | **I understand this** | **I can recall this** | **I need to revisit this** |
| I know the respiratory system. |  |  |  |
| Know the respiratory system controls. |  |  |  |
| Know the mechanism of breathing, how they will change due to exercise. |  |  |  |
| Know how the respiratory values will change. |  |  |  |
| Know the cardiac cycle, the controls (3, 2, 1). Know the values that could change. |  |  |  |
| Know the gas exchange internal and external. Know the technical vocabulary relating to gas exchange. |  |  |  |
| Know how we acquire movement skills, including methods of practices, stages of learning, motor programmes, etc. |  |  |  |
| Know how psychology can impact on our performance, for example, attitude, or social facilitation. |  |  |  |
| Know the aids to training, e.g. ergogenic, aerobic.  Types of training, strength, aerobic, flexibility, etc. |  |  |  |
| Know the background of the Olympic movement including the aim. |  |  |  |
| Know the organisation of the Olympics in the UK as well as international Olympic committee. |  |  |  |

**Weekly Task sheet 16**

1. Revise your socks off! (Tue, Wed, Thur)
2. Complete the screencast and notes of the organisation of the Olympics. (Thur/Fri)
3. Make notes on history of the *modern* Olympics. (Thur/Fri)
4. Did I mention revise?