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| Learning outcome | I understand this | I can recall this | I need to revisit this |
| I can describe what ATP is and know the types of reactions involved, as well as the length of energy this will provide. |  |  |  |
| I know the ATP- PC system and the yield. I know the enzymes that this has in its system. |  |  |  |
| I know the limitations and advantages of this system. |  |  |  |
| I know the ATP –LA system. I know the process and the relevant components. |  |  |  |
| I know the key descriptors for this system. |  |  |  |
| I know what the components of aerobic glycolysis are. |  |  |  |
| I know the elements of the Kreb cycle |  |  |  |
| I know how Hydrogen impacts on the third stage of the aerobic energy system. |  |  |  |
| I know the correct levels of yield for each stage. |  |  |  |
| I know the advantages and disadvantages of each of the systems. |  |  |  |
| I know the impact of public schools on sport and its development. |  |  |  |
| I know what the golden triangle is and how media can influence sport. |  |  |  |

1. Complete a key descriptors table for each energy system. Complete a well-presented model of each of the systems. Mon.
2. Complete notes on elements that you are unsure of. Tue/Wed
3. Complete extensive revision on all sections covered in the first year.
4. Prepare for a full tests of 30 marks in each section.

**Please work on your weak areas, don’t ignore them. Exam practice is the only guaranteed checking process.**