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| Learning outcome | I understand this | I can recall this | I need to revisit this |
| I know the movements at joints. |  |  |  |
| I know the type of contractions, and how gravity can impact on these.  |  |  |  |
| I know the planes of movement, and can link these to movement patterns. |  |  |  |
| I know the types of stretches and can describe them all. I know how to perform the stretches, and the physiological terminology. |  |  |  |
| I know the different types of tests that I can perform for aerobic training. |  |  |  |
| I know the advantages and disadvantages of each type of test as well as the adaptations. |  |  |  |
| I can give examples of the adaptations. |  |  |  |
| I know how to calculate Karvonen’s principle, as well as the zones, and what the impact of the zone is. |  |  |  |
| I know the risks of not taking part in physical activity, linked to CHD as well as respiratory system. I know the impact of exercise on the diseases.  |  |  |  |

**Key words:**

1. Complete task activity sheet in detail and every question. Tue/Wed
2. The final question you must access the PE website under CV system and watch the video on diseases, please take notes and note the impact of exercise on CHD and respiratory system. (Tue/Wed)
3. Complete exam questions on muscle fibres which are on PE site under exam Q joints and movements. (Thurs.)
4. Complete exam questions on motor units which are on PE site under exam and joints, movements. (Thurs.)
5. Complete the mock paper 1 Monday of return
6. Complete notes of screencast on aggression. Monday of return
7. Revise by making sections move from Red to amber to green ☺