|  |  |  |  |
| --- | --- | --- | --- |
| **Learning outcome** | **I understand this** | **I can recall this** | **I need to revisit this** |
| I know what a Magnus effect is |  |  |  |
| I know what a Magnus force does to air pressure |  |  |  |
| I know how to draw an air flow diagram for each type of eccentric force. |  |  |  |
| I know how to draw a free body diagram with Magnus forces. |  |  |  |
| I know what ATP is! |  |  |  |
| I know the relevant enzymes that influence the breaking of ATP to ADP. |  |  |  |
| I know the process of resynthesis. |  |  |  |
| I know what an exothermic, and endothermic reaction are and how they impact on ATP ADP. |  |  |  |
| I know what role PC has in resynthesis of ADP. |  |  |  |
| I know the relevant enzyme that influences PC resynthesis. |  |  |  |
| I know the yield of the PC for the PC system, as well as the Lactic acid system. |  |  |  |

**Task sheet 2 Biomechanics + Energy System**

1. Complete notes on a screencast for Energy system 1 (Mon)
2. Complete revision for the test on Monday based on all elements of Biomechanics Year 2 (Mon)
3. Complete revision on diet. (Mon)
4. Complete notes on screencast for Energy system 2 PC system (Tue/Wed)
5. Complete screencast on Energy system 3 Lactic acid system (Thur/Fri)