

<p>RAG</p> <p>Comments for revision</p>	

RAG score based on understanding of the content

**Components of fitness**

**Principles of training**

**Optimising training**

**Types of training**

**The warm-up**

**The cool-down**

**Applying the POT test**

Minimising the risk of injury in PA & sport

**Location of the major bones**

**Functions of the skelton**

**Types of synovial joint**

Types of movement at hinge joints and ball and socket joints

**Ligaments, Cartilage, Tendons**

The location of major muscle groups

The roles of muscle movement

**Lever systems**

**Planes of movement**

**Axes of rotation**

Structure and function of cardiovascular system

**Heart and pathway of blood**

Structure & function of the respiratory system

**Aerobic and Anaerobic exercises**

Short-term effects of exercise on the body systems

Long term effects of exercise on the body systems