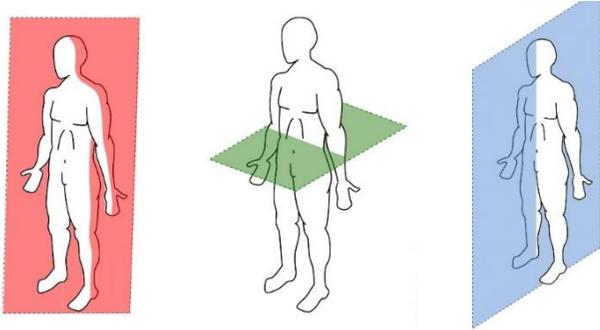


**GCSE PE – Retrieval sheet**

**Planes and Axes**



Plane \_\_\_\_\_

Axes \_\_\_\_\_

Movement \_\_\_\_\_

**Lever - 1st Class**

Diagram	Location in the body

**2nd Class**

Diagram	Location in the body

**3rd Class**

Diagram	Location in the body

What is mechanical advantage?

**Methods of training**

- 
- 
- 
- 
- 
- 

**Principles of training**

P \_\_\_\_\_ O \_\_\_\_\_

R \_\_\_\_\_

S \_\_\_\_\_

I \_\_\_\_\_ N \_\_\_\_\_

R \_\_\_\_\_ & R \_\_\_\_\_

O \_\_\_\_\_

FITT principles - F \_\_\_\_\_

I \_\_\_\_\_

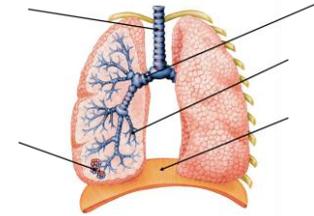
T \_\_\_\_\_

T \_\_\_\_\_

SMART targets stands for:

S \_\_\_\_\_ M \_\_\_\_\_ A \_\_\_\_\_ R \_\_\_\_\_ T \_\_\_\_\_

**Respiratory system**



Tidal Volume

Vital Capacity

Aerobic energy production

Anaerobic energy production

Short term effects of exercise on the body systems	Long term adaptations to the body systems