

## GCSE PE Year 10 Revision

### Chapter 1:

- 1a -Anatomy and Physiology
- 1b – Cardio-Respiratory system
- 1c – Anareobic and Aerobic system

### Chapter 3:

- Components of Fitness
- Fitness Testing
- Health and Fitness
- Prevention of Injury
- Principles of Training
- Seasonal Aspects
- Training Types
- Warm Up and Cool down