



Year 10

Physical Education: Areas for Development

Revision Resources

1	Skeletal System – Functions https://sites.google.com/view/mrwrukpe/gcse-pe/component-1-fitness-and-body-systems/skeletal-system
2	Cardiovascular system – Vascular shunting https://sites.google.com/view/mrwrukpe/gcse-pe/component-1-fitness-and-body-systems/cardiovascular-system
3	Muscular system - Muscle fibres https://sites.google.com/view/mrwrukpe/gcse-pe/component-1-fitness-and-body-systems/muscular-system
4	Component 2 Health and performance - Nutrition https://sites.google.com/view/mrwrukpe/gcse-pe/component-2-health-and-performance/balanced-diet
5	Component 2 Health and performance - Health and well-being https://sites.google.com/view/mrwrukpe/gcse-pe/component-2-health-and-performance/health-wellbeing
6	Component 2 Health and performance - Lifestyle choices https://sites.google.com/view/mrwrukpe/gcse-pe/component-2-health-and-performance/lifestyle-choices

Kindness, Integrity and Tenacity