UNIT 03

AUTUMN TERM

CONTROLLED **ASSESSMENT**

MOCK EXAM

UNIT 01 Health fitness and well-being

UNIT 02

Location Diet and Nutrition of major bonés

UNIT 04

Functions of the skeleton

UNIT 05

Types of Synovial Joint

UNIT 06

Types of movement at joints

UNIT 07

Lever systems

LEX TUA LUX



















SPRING TERM

UNIT 08

Location of major muscles **UNIT 09**

The roles of muscles in movement UNIT 10

Cardiovascular system

UNIT 11

Respiratory system

UNIT 12

Aerobic and anaerobic exercise

UNIT 13

Short term effects of exercise

UNIT 14

Long term effects of exercise

Revision



















