

## Year 9 GCSE PE – Revision topics for May exam

### 1. Skeletal system

- Names of and location of major bones
- Functions of skeleton
- Types of synovial joint
- Movement at synovial joints
- Parts of the synovial joint

### 2. Muscular system

- Names and location of major muscles
- Role of muscles in movement eg agonist/antagonist

### 3. Movement analysis

- Types of levers
- Axes of rotation
- Planes of movement

### 4. Cardiovascular system

- Structure and function of cardiovascular system
- Types of blood vessels
- Structure of heart
- Pathway of blood through the heart
- Role of red blood cells
- Terms eg cardiac output etc

### 5. Respiratory System

- Structure and parts of respiratory system
- Pathway of air through respiratory system
- Role of respiratory muscles in breathing
- Role of alveoli in gas exchange
- Breathing terms eg tidal volume etc

### 6. Anaerobic and aerobic exercise

- Identify different types of exercise

### 7. Effects of exercise on body systems

- Short term effects
- Long term effects