



Year 12 SPORT & PE Transition Tasks

Specification

<https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2010.html>

Over the Summer Term we would like you to brush up and consolidate on Unit 1 Principles of Anatomy & Physiology and the following system: Skeletal, Muscular, Cardio-Vascular, Respiratory and Energy.

Use the following Links to explore each system and make notes prior to starting in September.

Skeletal System and Muscular System:

- ⇒ Be able to locate the major bones in the skeletal system
- ⇒ Be able to locate the major muscles used in sport and physical activity.
- ⇒ <https://www.youtube.com/watch?v=4Xh69iIKsCE>

Cardio-Vascular and Respiratory Systems

- ⇒ Describe how each system works to deliver blood
- ⇒ Label each part of the cardiovascular system and respiratory system
- ⇒ <https://www.youtube.com/watch?v=4u8XIMQb1Og>