

Topics Covered

Topic 1	Topic 2
<ol style="list-style-type: none"> 1. Muscular skeletal system 2. Cardiorespiratory system 3. Cardiovascular system 4. Neuromuscular system 	<ol style="list-style-type: none"> 1. Diet and nutrition and their effect on physical activity and performance 2. Preparation and training methods in relation to maintaining and improving physical activity and performance

Revision Materials

- ✓ Folders
- ✓ AS/A1 Revise PE for Edexcel
- ✓ Past exam papers

