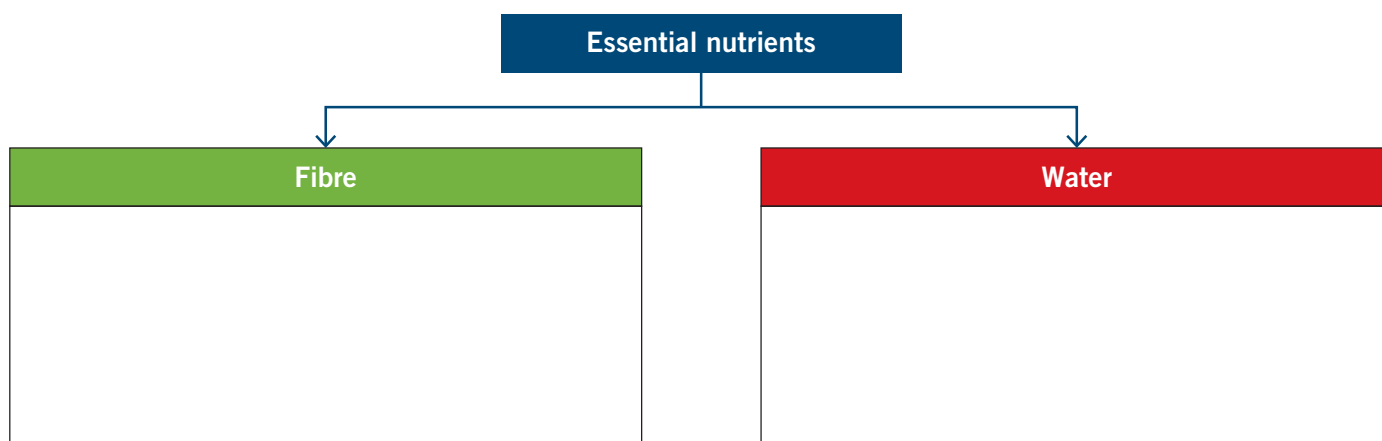
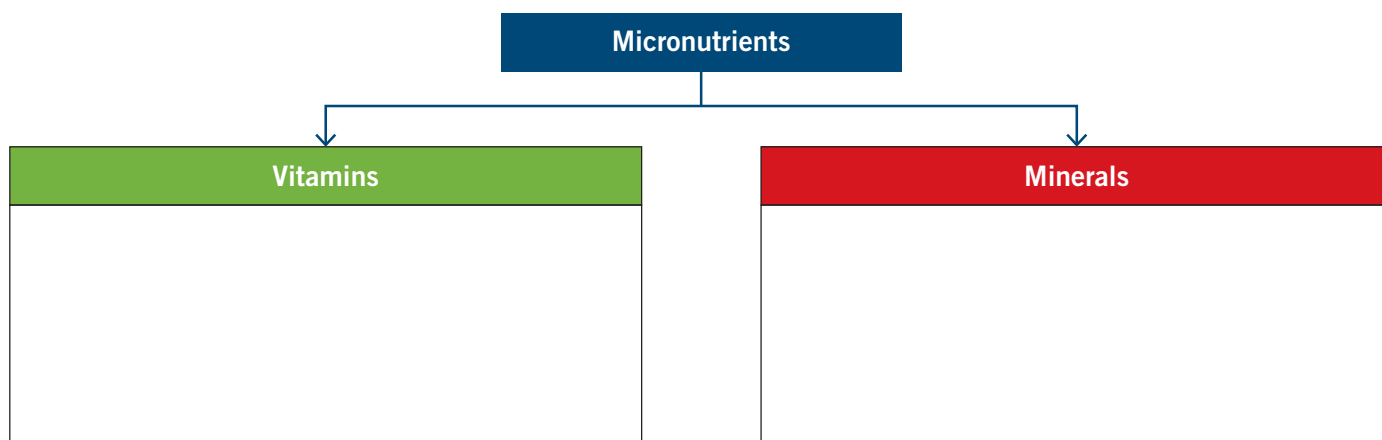
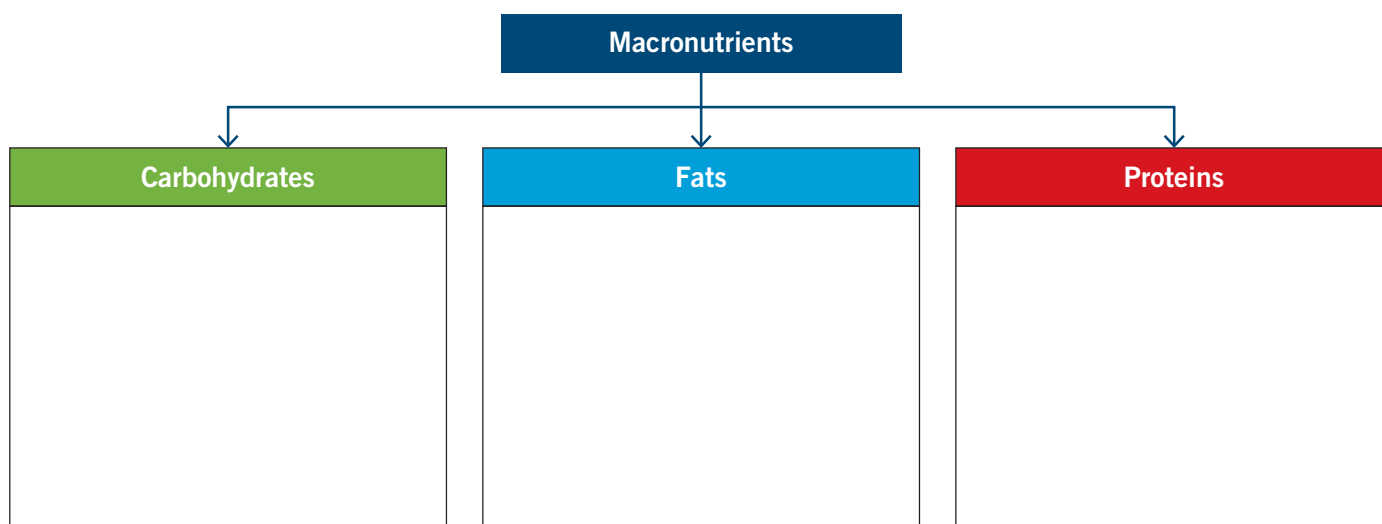


Appendices

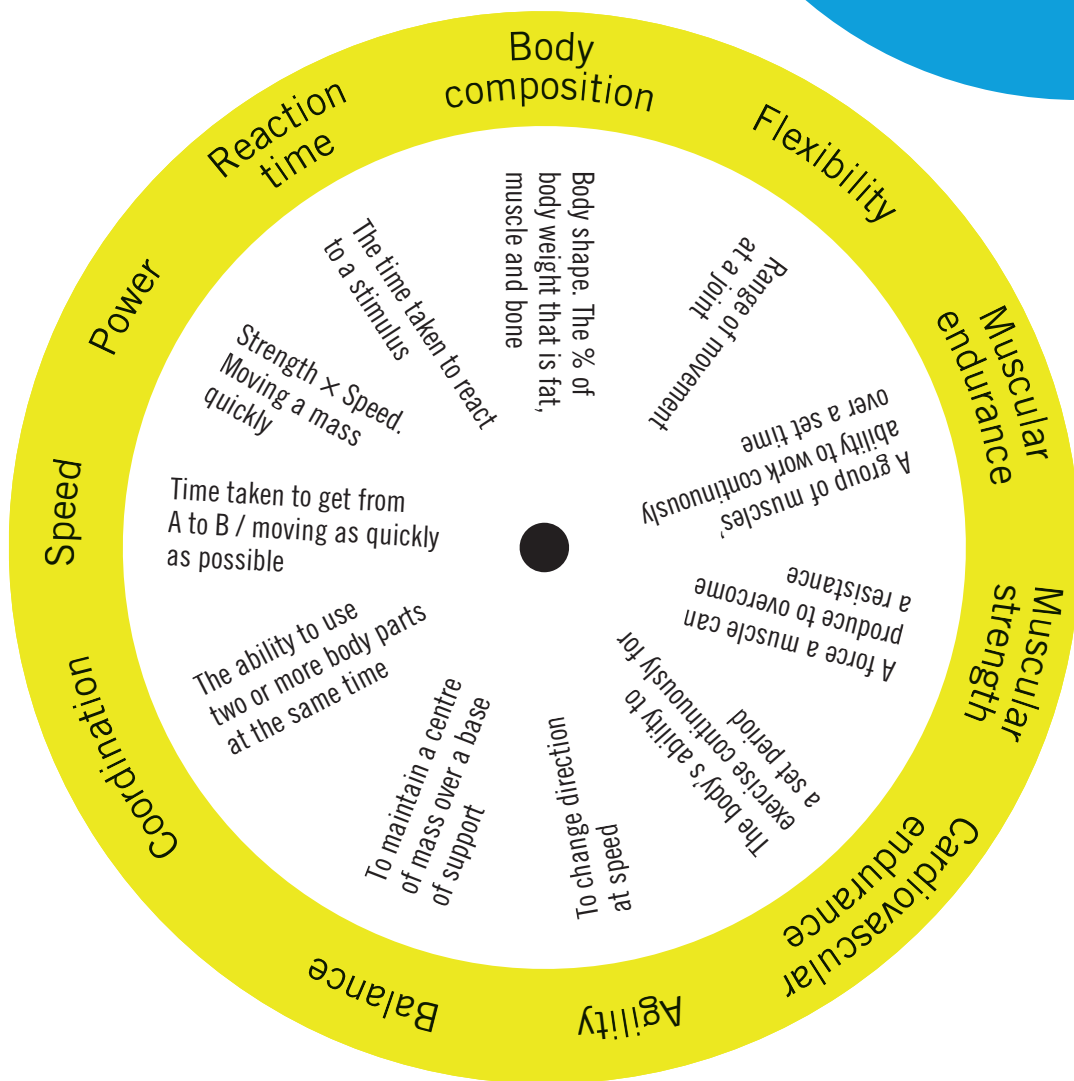
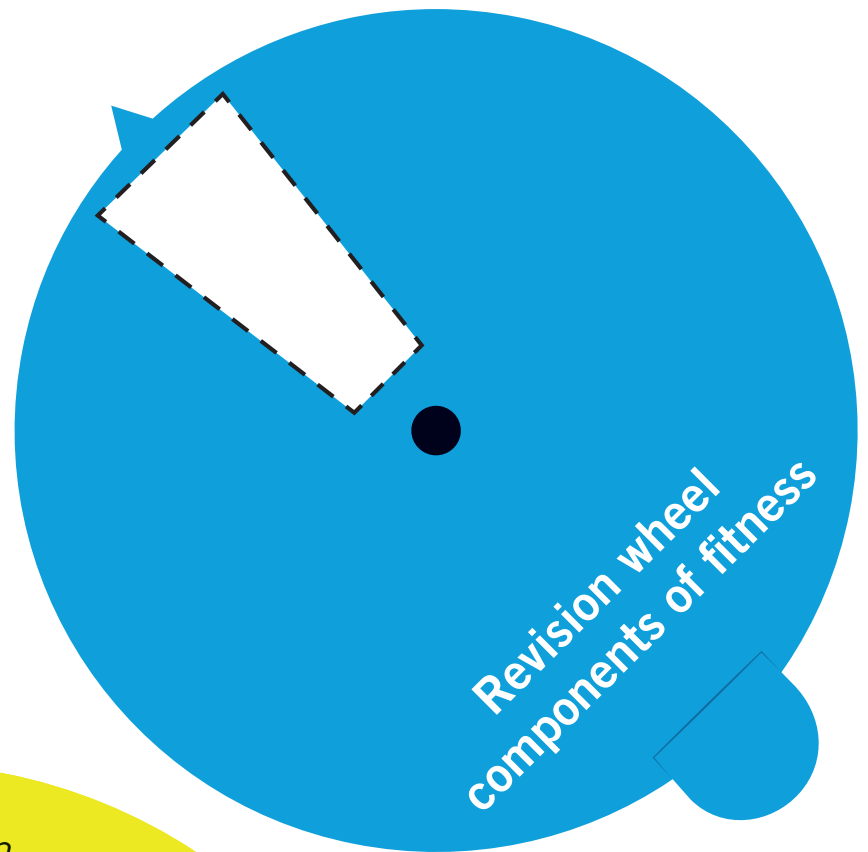
Chapter 1

These appendices can be downloaded from <https://www.illuminatepublishing.com/product/wjec-eduqas-gcse-pe>

Appendix 1.1 Revision Mat – A Practical Investigation



Appendix 1.2 Revision Wheel – A Practical Investigation



Appendix 1.3 Training Session – A Practical Investigation

Training type:	
About this training method:	
My exercise(s):	
Equipment:	
Description of session: What did you do? Was it mostly aerobic or anaerobic? Which component of fitness did you develop?	
Advantages of this training method:	
Disadvantages of this training method:	
Sport or activity this is suitable for:	

Appendix 1.4 Warm-up Plan – A Practical Investigation

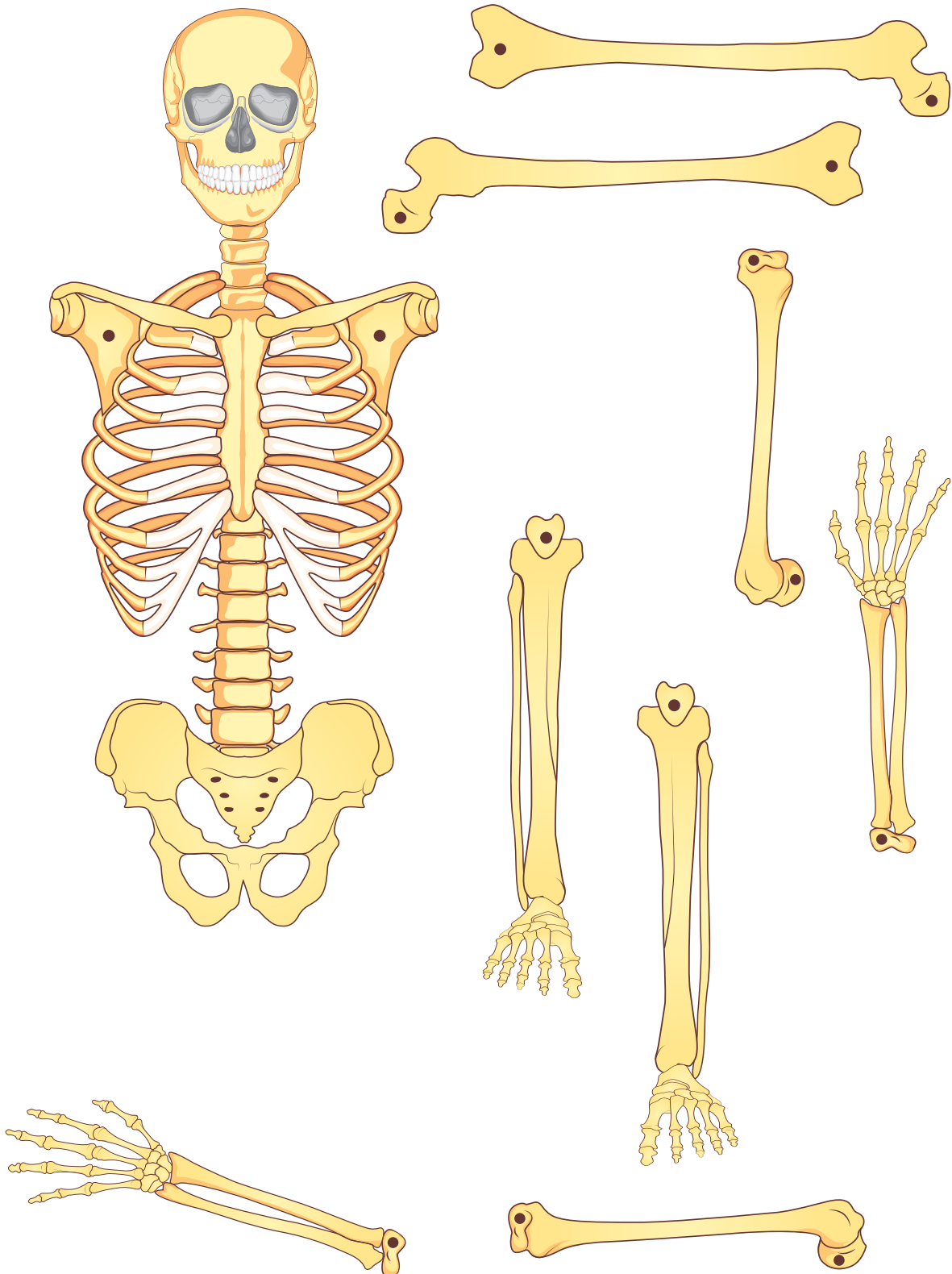
Main activity _____

Phase of warm-up	Example	Why?
Heart raiser		
Mobility/stretching		
Skills-based activity		

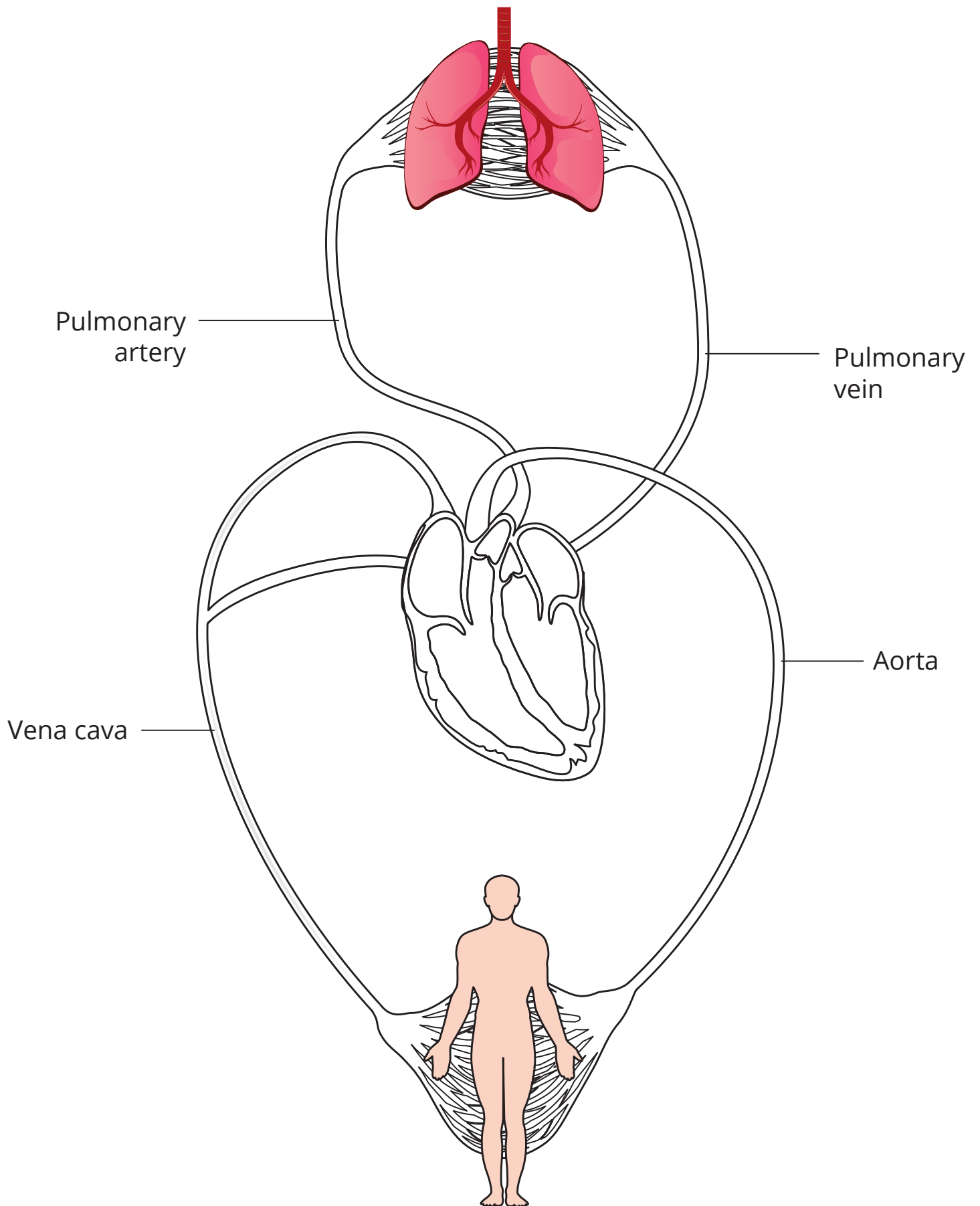
Appendices

Chapter 2

Appendix 2.1 Skeletal System – A Practical Investigation



Appendix 2.2 Circulatory Systems – A Practical Investigation

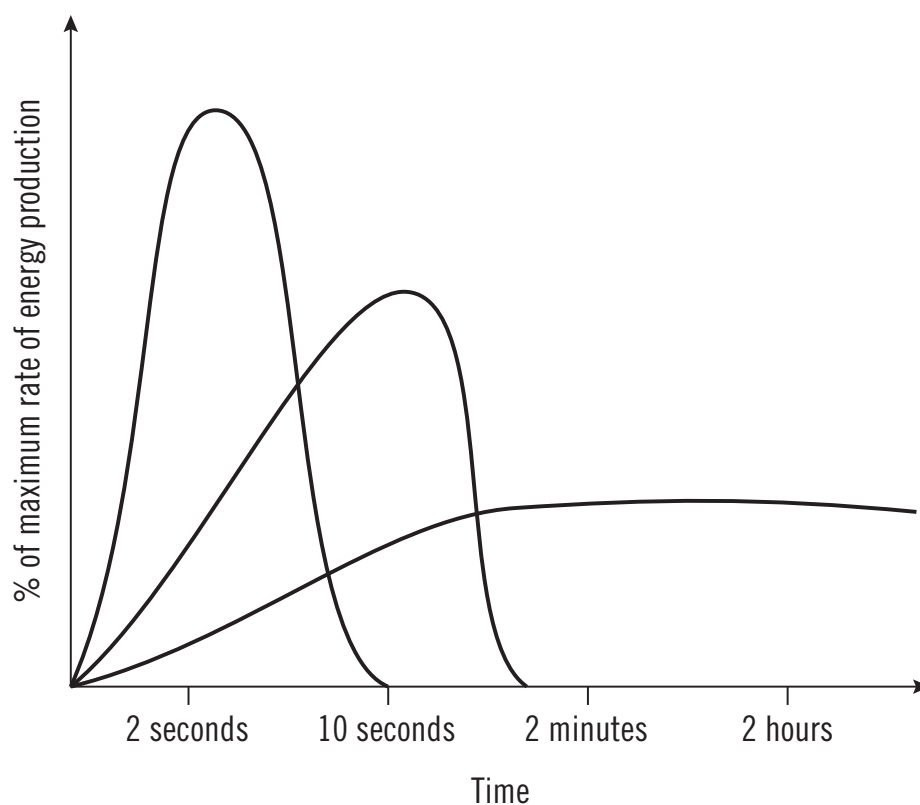


Appendix 2.3 Energy Continuum – A Practical Investigation

Task	Comments
Sprint for ten seconds	
Sprint for 90 seconds	
Run continuously for ten minutes	

Reflect on the practical activity and then label and highlight the following lines on the graph:

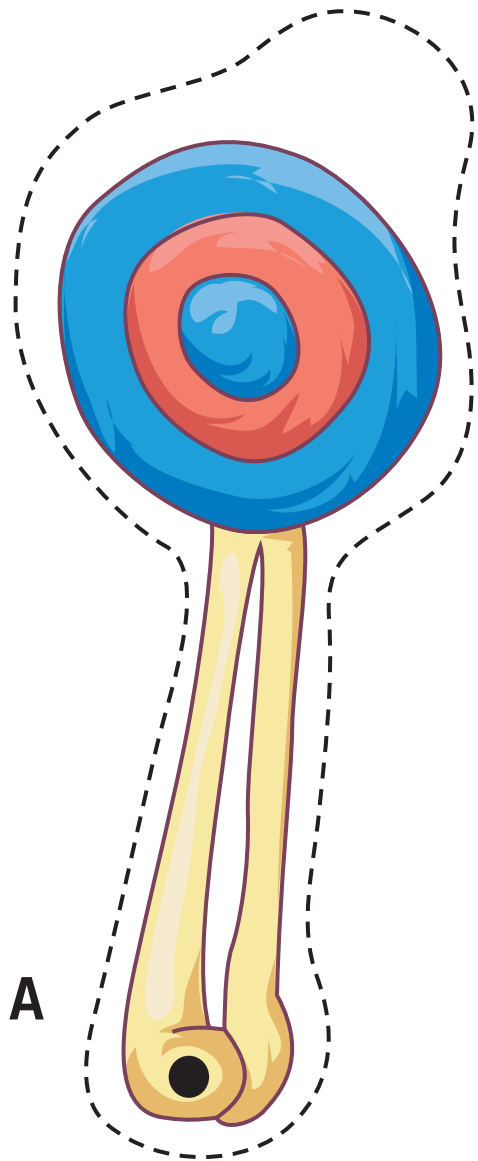
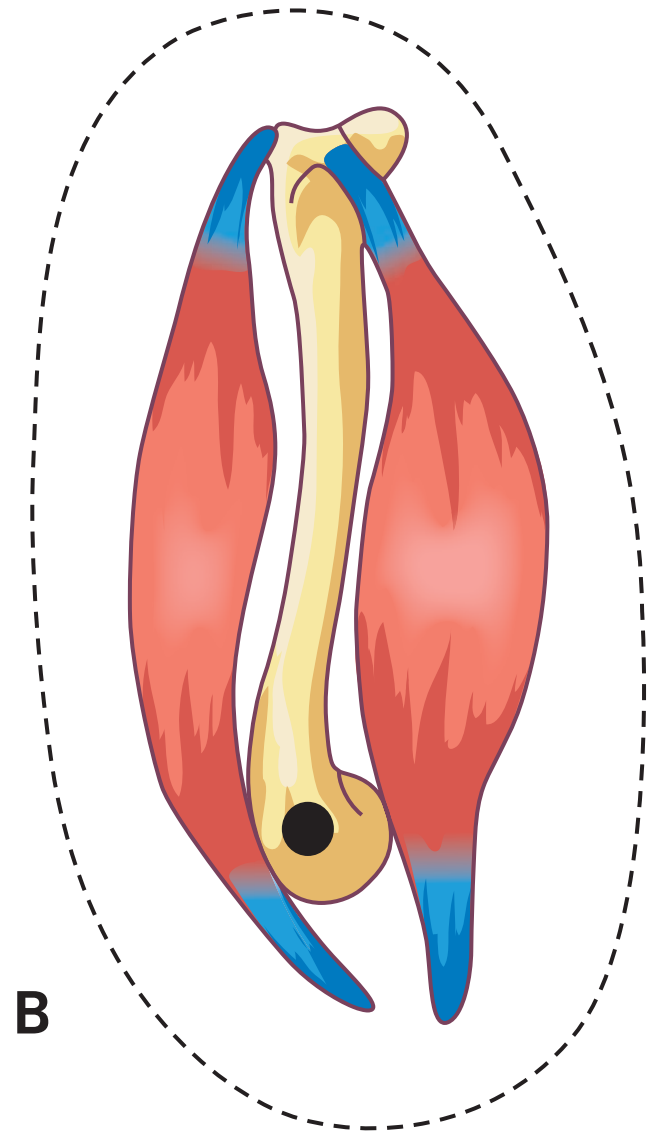
- › Label the ATP-CP system and highlight in **green**.
- › Label the lactic acid system and highlight in **blue**.
- › Label the aerobic system and highlight in **red**.



Appendix

Chapter 3

Appendix 3.1 Antagonistic Muscle Model – A Practical Investigation

**A****B**

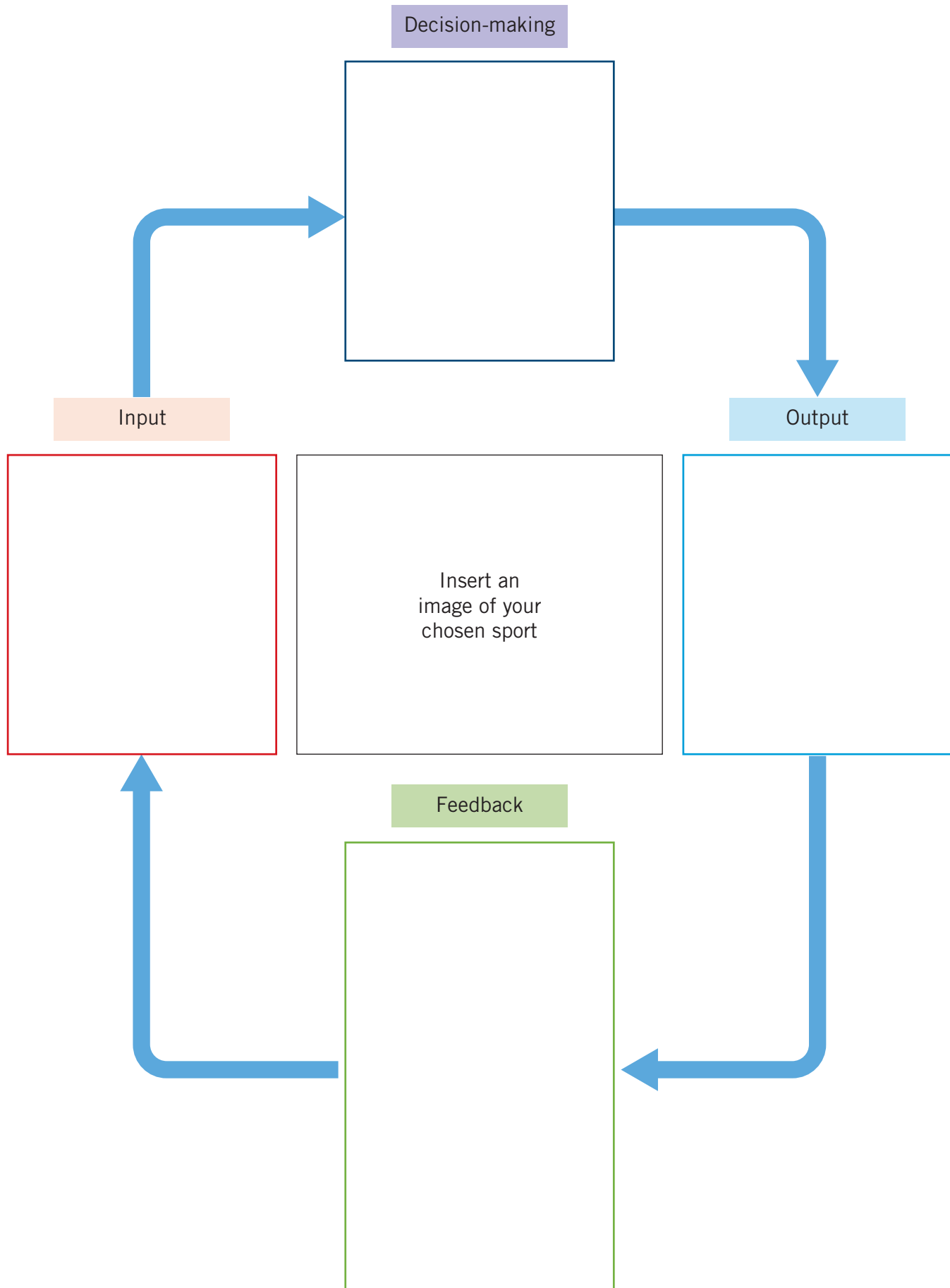
Appendices

Chapter 4

Appendix 4.1 SMART targets – A Practical Investigation

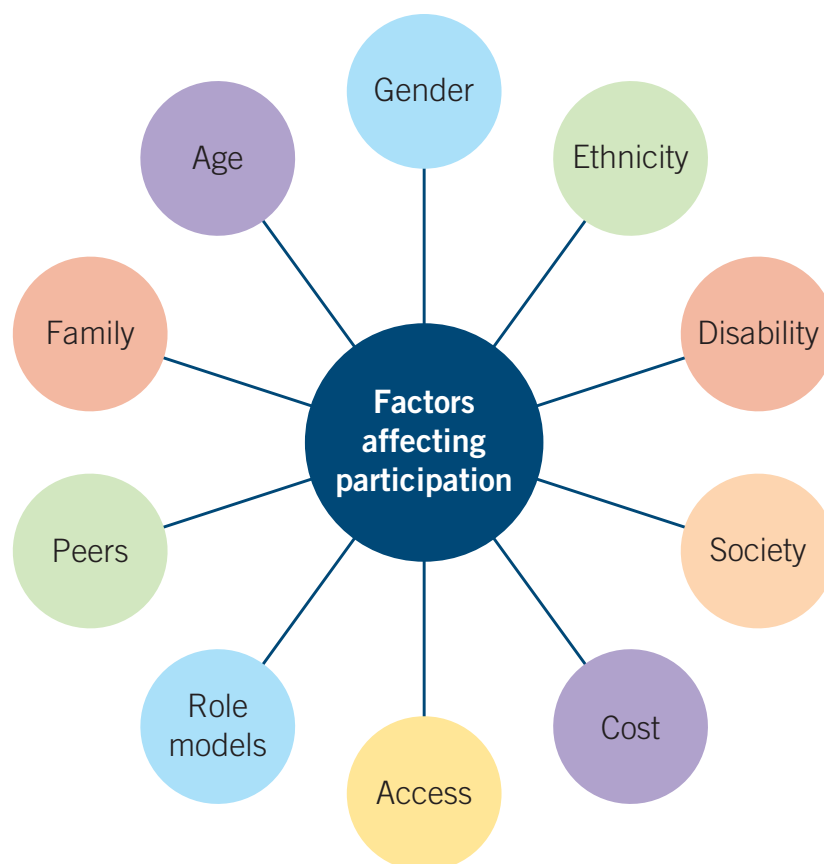
<i>Goal</i>		
S	<i>Specific</i>	
M	<i>Measurable</i>	
A	<i>Agreed</i>	
R	<i>Realistic</i>	
T	<i>Time phased</i>	

Appendix 4.2 Information processing model – A Practical Investigation



Appendix 5.1 Factors Affecting Participation – A Practical Investigation

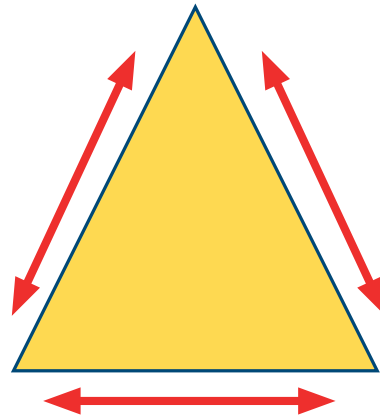

Using the spider diagram below, describe how each of the factors have or had an influence on your participation in sport and physical activity.



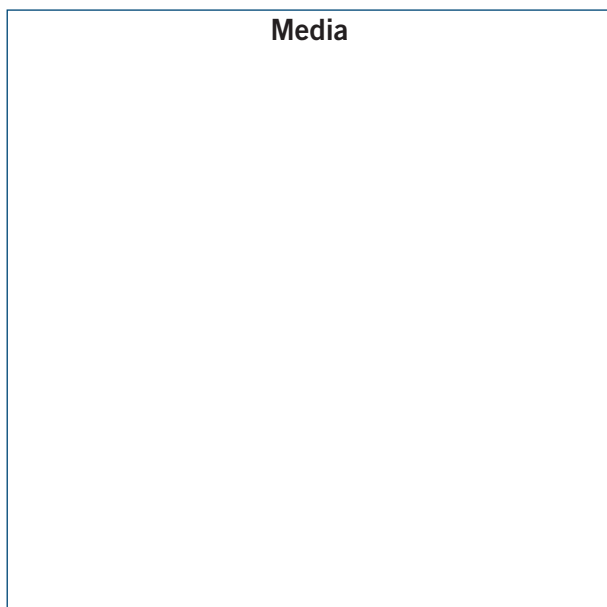
Influences on my participation in sport and physical activity:

Appendix 5.2 Commercialisation in Sport: Golden Triangle – A Practical Investigation

Sport spectators



Media



Business/sponsorship

