

Subject: PE

Course: BTEC National Extended Certificate in Sport

Lead teacher: L Paskin

Something to Read:

- [Applied anatomy and physiology - GCSE Physical Education - BBC Bitesize](#)
 - Read through all 7 topics on this link and make notes on the body systems
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Something to Watch/Listen:

- [Physical Components of Fitness | Fitness Training & Programming](#)
 - [Skill-related Components of Fitness | Fitness Training & Programming](#)
 - **Optional task:** Create a table matching each component of fitness to a type of training and a sport it applies to.
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Something to Write:

Write a short report (around 300–500 words) answering the following:

Which component of fitness do I most need to improve for my chosen sport, and how could I train to develop it? Include reference to training methods and principles (e.g., specificity, overload, progression)