

19 Bones 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19	3 Lever Features 1 2 3	7 Long-term Effects 1 2 3 4 5 6 7	10 Fitness Tests 1 2 3 4 5 6 7 8 9 10	5 Ways to Reduce Risks 1 2 3 4 5	5 SMART Principles 1 2 3 4 5				
	3 Lever Types 1 2 3			5 Participation Groups 1 2 3 4 5	4 Mental Prep Techniques 1 2 3 4				
	3 Planes 1 2 3								
	3 Axis 1 2 3								
	3 Types of Blood Vessel 1 2 3			10 Fitness Components 1 2 3 4 5 6 7 8 9 10	4 Training Principles 1 2 3 4	3 Ways of Improving Participation 1 2 3	4 Guidance Types 1 2 3 4		
	6 Skeletal Functions 1 2 3 4 5 6				4 Overload Principles 1 2 3 4	3 Golden Triangle Components 1 2 3	6 Feedback Types 1 2 3 4 5 6		
					4 Heart Chambers 1 2 3 4	5 Warm Up Stages 1 2 3 4 5		4 Media Types 1 2 3	5 Physical Benefits 1 2 3 4 5
		2 Joint Types 1 2			4 Main Blood Vessels 1 2 3 4	2 Cool Down Stages 1 2		4 PED Types 1 2 3 4	
						4 Main Joints 1 2 3 4	2 Respiratory Muscles 1 2	3 Warm Up Benefits 1 2 3	4 Reasons for Violence 1 2 3 4
					6 Movement Types 1 2 3 4 5 6	11 Muscles 1 2 3 4 5 6 7 8 9 10 11	2 Types of Exercise 1 2	3 Cool Down Benefits 1 2 3	5 Skill Characteristics 1 2 3 4 5
	3 Joint Features 1 2 3	7 Short-term Effects 1 2 3 4 5 6 7	5 Potential Hazards 1 2 3 4 5	2 Skill Continua 1 2					
	GCSE PE RECALL MAP								