GCSE PE – Retrieval sheet

Muscular	system
Antagonis	etic Pairs:
1	and
2	and
3	and
4	and
Muscle Fi	bre Types:

Skeletal System			
4 Types	s of bone: 4 Types of joint:		
1.	1.		
2.	2.		
3.	3.		
4.	4.		
Joint movement			
•	F and E		
•	A and A		
•	RF& DF		

7 components of a balanced diet:		
1.		
2.		
3.		
4.		
5.		
6.		
7.		
Circulatory System		
7 5 5 TO		
1. 7.		
2. 8.		
3. 9.		
4.		
5.		
6.		