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| League 2  1 Point  (Last week) | League 1  2 Points  (Two weeks ago) | Championship  3 Points  (Last Month) | Premier League  5 Points  (Last year)  *Paper 2* |
| State the 4 methods of reducing the risk of injury in sport | Name the 3 functions of the cardiovascular system | List the functions of the skeleton | List the components of   * Macronutrients   &   * Micronutrients |
| State the aerobic and anaerobic training thresholds | List all 3 types of muscle fibres | Discuss what type of movement a wicket keeper catching a ball at his stomach is | Explain the different types of feedback (4 types) |
| List all health related components  (bonus point if you can list skill related fitness component too!) | State the 2 equations for aerobic and anaerobic respiration | State the 3 types of muscles types including an example of each | State the influence on participation |
| List 2 methods of training suitable for a badminton player and explain how THEY will improve performance | Explain how an antagonistic muscle pair works in a sporting context | State the functions of   * Ligaments * Tendons * Cartilage | State and explain the 4 types of guidance |

