

A01	Paragraph 1	<p>Introduction;</p> <p>Read the question carefully and highlight the key terms, what is the question asking you to discuss.</p> <p>Demonstrating knowledge and understanding of the question through identification and description of information.</p> <p>Key words: AO1: State / Identify / Outline / Define / Describe</p>	<p>Components of fitness: MMCFB RSPCAB</p> <p>Training Methods: CIFCWP</p> <p>Principles of Training: SPORRIO FITT</p> <p>Muscles: Voluntary Involuntary Cardiac Antagonist muscle pairs Slow and fast twitch fibres</p>	<p>Levers: 123FLE</p> <p>Vertebrae: CTLSP</p> <p>Bone types: Long Short Flat Irregular</p> <p>Drugs: SADBENBG</p> <p>Injury: RICE</p>	<p>Cardiovascular system: Blood blood vessels - arteries, veins, capillaries Heart Blood Shunting Stroke Volume Cardiac output Heart rate Resting heart rate Function: Transports O2 and CO2 Clots blood Regulates temperature</p>	<p>Respiratory system: Lungs Alveoli Gaseous exchange Tidal volume Vital Capacity</p> <p>Skeletal system: Protection, support, muscle attachment, storage calcium and phosphorus</p> <p>Joints: Hinge Ball and socket Pivot Condyoid</p>	<p>Range of movement: Extension Flexion Abduction Adduction Rotation Circumduction Dorsi Flexion Plantar Flexion</p> <p>Planes and Axis: Tran serve Vertical Sagittal Frontal Frontal Sagittal</p>
A02	Paragraphs 2 – 3/4	<p>Specific explanation of question.</p> <p>What are the strengths/weakness or advantages/disadvantages</p> <p>Key words: AO2: Explain / Describe / Suggest / Illustrate / Interpret / Apply / Consider</p> <p>You can also justify your reasons by explaining the impact on performance in this paragraph</p>	<p>Also (Similar to “And”) Weight Lifters may use steroids as it can increase muscle mass, <u>also</u> they will use them to produce an increase in aggression which can aid performance.</p> <p>Therefore (Similar to “So”) Speed is not a key component of fitness in Table Tennis, <u>therefore</u> a coach would not use the 30m sprint to test performers as it is not relevant to that sport.</p> <p>However (Similar to “But”) A Shot Putter will use weight training to develop their Muscular strength, <u>however</u> a sprinter will use interval training to develop their speed.</p> <p>Furthermore (Similar to “And”) Continuous training can improve your muscular endurance, <u>furthermore</u> it will also help your performance in events like the 1500m.</p> <p>Whereas (Making a comparison) An athlete may use steroids to enable them to train harder and longer <u>whereas</u> an archer will use Beta Blockers to lower their blood pressure and calm their nerves.</p> <p>Because (Giving reasons) Athletes take steroids <u>because</u> they want to win races, medals and be famous</p>				
A03	Paragraph 4/5	<p>Concluding comments and justification of above areas, impact on performance.</p> <p>Which is the better preference. Could you suggest something better suited</p> <p>AO3: Discuss / Justify / Evaluate / Compare / Analyse.</p>					

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9 mark question inserted here.

Highlight key words in the question

AO1: What is the question asking, identify and describe the key terms



AO2: What are the strengths/weakness/advantages /disadvantages.

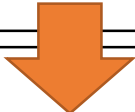
Use this section to explain one of the areas always relating back to the question/sport.

AO3: Impact on performance – reaching well rounded conclusion.
E.g. How does what you have spoken about in AO2 help the performer?

AO3: Conclusion, which is the preference and why. What other things could you suggest. Relate to question



AO2



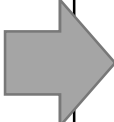
AO3



9 mark question inserted here.

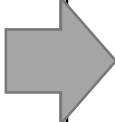
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AO3

