**Year 1 A level PE Physiology assignments 5, 6 & 7**

Assignment 1 = Skeletal system

Assignment 2 = Muscular system

Assignment 3 = Cardiovascular system

Assignment 4 = Respiratory system

Using the format discussed in lessons design & write up the 3 training programmes;

**Flexibility training programme (assignment 5)**

**Aerobic training programme (assignment 6)**

**Strength training programme (assignment 7)**