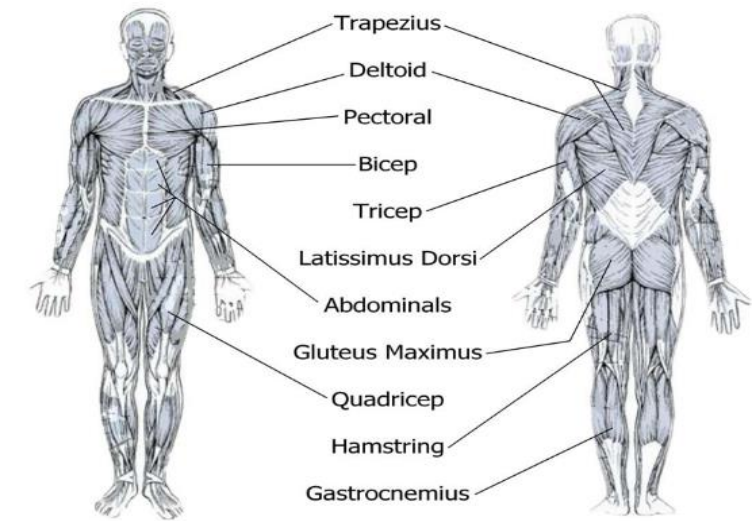


PE

## Muscles Diagram



## Year 9 PE Knowledge Map

We focus on developing **physical, social and emotional wellbeing**. Our aim is to build **successful, employable and physically active** young people skills that can be utilised throughout life.

How can you show the following habits in PE

Resilience  
Ambition Creativity  
Independence  
Collaboration

### The effects of exercise on the body

- Increase in Heart Rate, Stroke Volume and Cardiac Output.
- Tidal Volume increases.
- Lactic acid build up in muscles.
- Muscle fatigue.