AS LEVEL PE - PROGRESS / TRACKING SHEET

THE NEUROMUSCULAR SYSTEM

TARGET GRADE	
Current Working at Grade	

	Start of Unit			Interim Check			End of Unit		
TOPICS	R	A	G	R	A	G	R	A	G
I can identify the characteristics and functions of the three fibre types: slow twitch (type 1), fast oxidative glycolytic (type 2a), and fast glycolytic (type 2b) for a variety of sporting activities									
I can explain the recruitment of muscle fibres through an explanation of motor units									
I can explain the role of the two proprioceptor muscle spindles and golgi tendons in PNF									
I understand the terms spatial summation, wave summation, all or none law and tetanic contraction									
I understand more about the role of the sympathetic and parasympathetic nervous systems									