

DIGITAL RESOURCES FOR PE OPTION STUDENTS

The Skeletal System

<https://www.youtube.com/watch?v=SiBzCpg6vu8>

The Muscular System

<https://www.youtube.com/watch?v=ynVRDsDC-84&t=36s>

The Circulatory System

<https://www.youtube.com/watch?v=f9ONXd-anM>

The Respiratory System

<https://www.youtube.com/watch?v=mOKmjYwfDGU>

Factors of Fitness

<https://www.youtube.com/watch?v=VNFLIaN0dok>

Fitness Testing

<https://www.youtube.com/watch?v=3xfxqN9GGYo>

Principles of Training

<https://www.youtube.com/watch?v=eNcxtSF2-Ac>

Methods of Training

<https://www.youtube.com/watch?v=kNpmxCUL1E8>

Nutrition

https://www.youtube.com/watch?v=Gmh_xMMJ2Pw

The Olympic Games

<https://www.youtube.com/watch?v=uSf7-LsmU3Y>