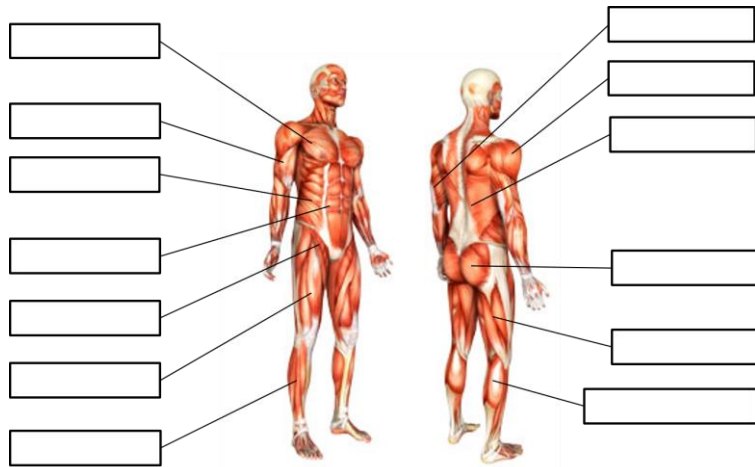


**GCSE PE – Retrieval sheet**

**Muscular system**

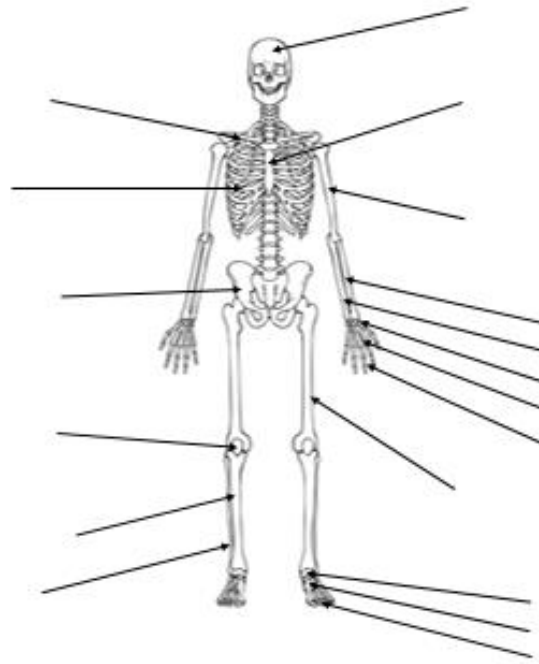


**Antagonistic Pairs:**

1. \_\_\_\_\_ and \_\_\_\_\_
2. \_\_\_\_\_ and \_\_\_\_\_
3. \_\_\_\_\_ and \_\_\_\_\_
4. \_\_\_\_\_ and \_\_\_\_\_

**Muscle Fibre Types:**


**Skeletal System**



**4 Types of bone:**

- 1.
- 2.
- 3.
- 4.

**4 Types of joint:**

- 1.
- 2.
- 3.
- 4.

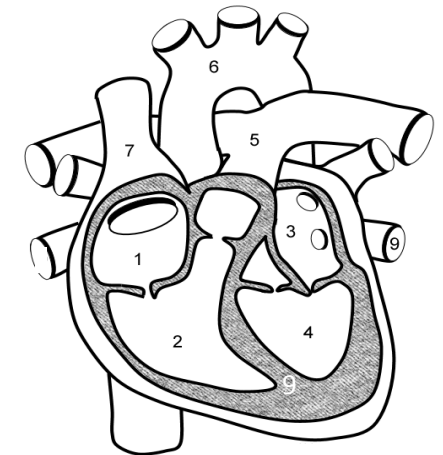
**Joint movement**

- F \_\_\_\_\_ and E \_\_\_\_\_
- A \_\_\_\_\_ and A \_\_\_\_\_
- R \_\_\_\_\_
- P \_\_\_\_\_ F \_\_\_\_\_ & D \_\_\_\_\_ F \_\_\_\_\_

**7 components of a balanced diet:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**Circulatory System**



- |    |    |
|----|----|
| 1. | 7. |
| 2. | 8. |
| 3. | 9. |
| 4. |    |
| 5. |    |
| 6. |    |