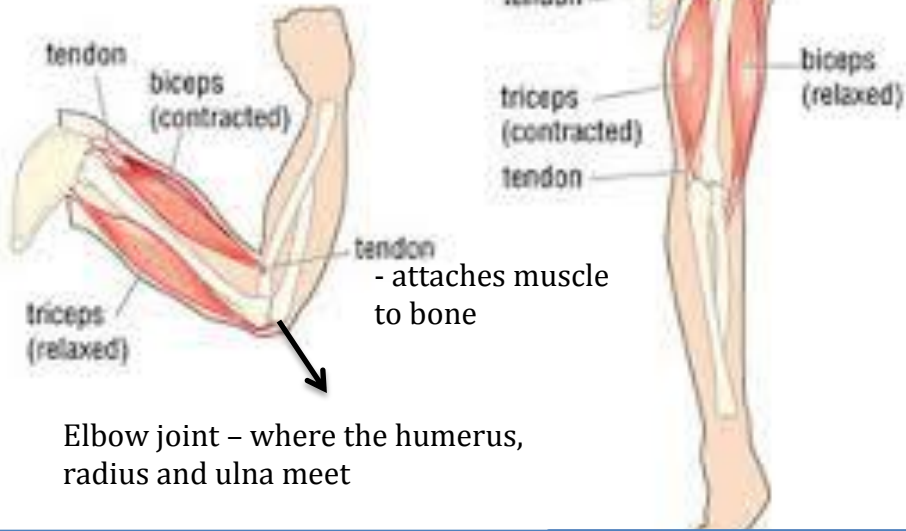


Antagonistic muscle pair
- biceps and triceps



The cardiovascular system
Heart / blood / blood vessels

ARTERIES: carry **OXYGENATED** blood around the body

VEINS: carry **DEOXYGENATED** blood back to the heart

During exercise the following increase:

- ✓ **Heart rate:** number of **beats per minute** increases to pump more blood (oxygenated around the body/deoxygenated to the lungs)



Antagonistic muscle pairs

- When one muscle **contracts** the other **relaxes**
- As the muscle contracts, it **pulls** on the bone, using the **tendons**, creating movement at the joint

How are you?

H R U

- Humerus
 - Radius
 - Ulna
- = **ELBOW** joint

Joint - a place where two or more bones meet

The respiratory system

Gaseous exchange: delivery of **oxygen** from the lungs to the bloodstream, and the removal of **carbon dioxide** from the bloodstream to the lungs

Breathing rate **increases** when we exercise to breathe in more oxygen and breathe out carbon dioxide faster

Mechanics of breathing:

Breathing in - Oxygen travels through the nose and fill up the lungs

Breathing out - Carbon dioxide travels from the lungs and out of the nose

Anaerobic and aerobic exercise

Aerobic (with oxygen) - running down the pitch to score a try

Anaerobic (without oxygen) - a quick tackle

Short term effects of exercise:

Tiredness Light headedness

Long term effects of exercise:

Improvements in cardiovascular endurance and muscular endurance

