

Unit 5: Energy systems

<u>Unit 5: The sports performer in action</u>	RED	AMBER	GREEN	Do you need further support following DIRT?	Final rating		
					R	A	G
Energy systems:							
Describe the function of the three energy systems in the production and release of energy for sports performance: - ATP PC System.							
Describe the function of the three energy systems in the production and release of energy for sports performance: - Glycolysis system.							
Describe the function of the three energy systems in the production and release of energy for sports performance: - Aerobic energy system.							
D.I.R.T							
Merit Criteria:							
Using two selected sports, explain how the body uses both the anaerobic and aerobic energy systems.							
D.I.R.T							
Distinction criteria:							
Compare and contrast how the energy systems are used in sports with different demands.							
D.I.R.T							