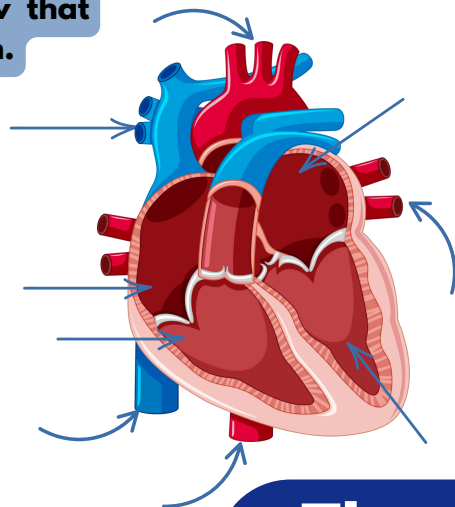


IDENTIFY

Label the heart diagram below.

Circle the key terms below that you are familiar with.



Deoxygenated

Oxygenated

Diastole

Systole

Vasoconstriction

Vasodilation

Heart Rate

Cardiac Output

Stroke Volume

Diffusion

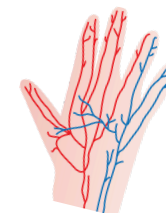
DESCRIBE

Using the key terms (from the identify section), describe key content below.

Describe the structure of arteries



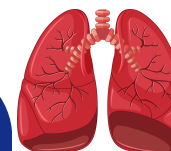
Describe the structure of capillaries



Describe what happens to heart rate during a warm-up



Describe the blood that leaves the pulmonary artery and transports to the lungs



The Cardiovascular System

Edexcel GCSE PE

DEFINE

Select 3 key terms from above & define them.



APPLY

Apply your knowledge of content to sporting examples.



➤ During a long-distance run, the stroke _____ increases to pump more blood per beat and sustain _____ energy production.

➤ The blood vessels vas _____ to direct _____ blood to the quadriceps and hamstrings during cycling, increasing oxygen delivery to those working muscles.

➤ In a boxing match, a stronger cardiovascular system improves cardiac _____, helping boxers maintain high work rate across multiple rounds.

➤ _____ allow gas exchange at the muscles during football, helping remove carbon dioxide and deliver _____ effectively.

