

KS4 - How the Body Works



Activity <i>What activity or sport are you doing?</i>	Movement <i>What muscles are contracting and what muscle are relaxing during this movement?</i>	Other Activities <i>What other movements require the same muscle groups to work? What exercises can I do to improve my;</i> <i>Muscular Endurance</i> <i>Muscular Strength</i>

