

The functions of the cardio-respiratory system are important for performers within sport.

Using examples, evaluate how the functions of the cardio-respiratory are important for a football player. (6 marks)



Structure your answer:

- Introduction
- Paragraph 1 –
Point/Explanation/Evaluation
- Paragraph 2 –
Point/Explanation/Evaluation
- Paragraph 3 –
Point/Explanation/Evaluation
- Conclusion

Extension Task:

- Write one paragraph on your own
- Write one paragraph as a group
- Verbally present one paragraph