

**Summer Subject Preparation Work**  
**Year 12 PE - Applied Anatomy and Physiology**

- The first topic you will study is energy systems.
  - The links will take you a Microsoft Form
  - Each form contains a link to a YouTube clip and several questions
1. Watch the clip
  2. Answer the questions

[1 The Role of ATP](#)

[2 The ATP-PC System](#)

[3 The Anaerobic Glycolytic System](#)

[4 The Aerobic System](#)

**Year 12 PE – Sport and Society**

- Please watch the YouTube clip below on Commercialisation, Media and Sponsorship in preparation for starting our first booklet in September.
- <https://www.youtube.com/watch?v=s4Xn5VlSd7w>