



## YEAR 10 GCSE PE REVISION

KJS PE Department would like you to revise different PE topic areas each week, leading up to your Year 10 Test in April.

### Examples of Revision Techniques:

- ✓ Create **revision resources** such as mind maps, flash cards, notes or spider diagrams.
- ✓ Log on to **Everlearner** to watch videos to add to your knowledge or test yourself on what you have learnt.
- ✓ Look back over **exam practice** from lessons and your previous two learning cycle papers.
- ✓ Read your **green sheets** to identify key areas of development ahead of your year 10 test.
- ✓ Reinforcing your memory – **get someone to test you** from the notes or resources that you make!
- ✓ Follow kjs\_gcsepe on **Instagram** for revision tips and quizzes



### Exam Details:

*The year 10 April exam will be around 55 minutes long and approximately 50 marks.*

*It will consist of everything you have learnt so far since the start of year 10 (see topics on the timetable)*

### **The exam will be made up of:**

- Multiple choice questions.
- 2-6 mark questions.
- One 9 mark question from the Physical Training Topic areas.

### Specific PE Tips

- Answer ALL questions.
- Underline key words in the questions. Read all parts of the questions carefully.
- Identify how many marks are awarded for each question before answering. Make sure you give enough points.
- SPECIFIC sporting examples i.e. SET SHOT in basketball
- Plan you 9 mark question and ensure you include knowledge, examples and a discussion or evaluation.



## YEAR 10 TEST

TOPIC	WHAT YOU NEED TO KNOW.....	DATE
<b>Health &amp; Fitness</b>	<b>The 4 definitions</b> <i>(Health, Fitness, Exercise and Performance)</i>	Week beginning 4 <sup>th</sup> March
<b>Components of fitness</b>	<b>What are the 5 components</b> <i>(Cardiovascular Fitness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition)</i> <b>The 5 definitions</b> <b>Examples relating to sports</b>	
<b>Skill Related Fitness</b>	<b>What are the 6 components</b> <i>(Balance, Co-ordination, Reaction Time, Agility, Power, Speed)</i> <b>The 6 definitions</b> <b>Examples relating to sports</b>	
<b>Fitness Tests</b>	<b>How to test the different components of fitness – protocol and what they test</b> <i>(cooper run, Harvard step test, hand grip, press up, sit up, 30m sprint, vertical jump, sit &amp; reach)</i>  <b>The use and interpretation of different fitness tests and looking at data.</b>  <b>Data collection</b> <i>(Qualitative / Quantitative)</i>	Week Beginning 11 <sup>th</sup> March
<b>Principles of Training</b>	<b>The Principles of training</b> <i>(Individual needs, Specificity, Progressive Overload, FITT, Rest &amp; Recovery, Reversibility, over training)</i>  <b>The definitions of each one</b>  <b>How each principle can be related to fitness / used in a PEP</b>  <b>Impact on performance</b>	Week Beginning 18 <sup>th</sup> March
<b>Methods of Training</b>	<b>The 6 Methods of Training</b> <i>(Circuit, Interval, Fartlek, Continuous, Weight, Plyometrics)</i> <b>Definitions and examples of each method</b>  <b>What sport might use what method</b>  <b>What components of fitness each method uses</b>  <b>Advantages &amp; disadvantages</b>	Week beginning 25 <sup>th</sup> March
<b>Heart Rates &amp; Training Thresholds</b>	<b>The 5 key heart rate definitions</b> <i>(Heart rate, resting, working, recovery and maximum)</i>  <b>How each heart rate can demonstrate fitness and when it is recorded within a session</b>  <b>What training thresholds are and why they are important</b>  <b>Anaerobic / aerobic target zones and how to calculate them</b>	
<b>Injuries</b>	<b>PARQ</b> <b>How to prevent injuries – the 5 different ways.</b> <b>Types of injuries and how to treat them</b> <i>(concussion, fractures, dislocation, sprains, torn cartilage, strain, tennis / golfers elbow, abrasions)</i> <b>RICE</b> Importance of a warm up and cool down – link to body systems. The different phases of a warm up and cool down	Week beginning 1 <sup>st</sup> April
<b>Performance Enhancing Drugs</b>	Reasons why athletes take drugs <b>The 7 different performance enhancing drugs</b> <i>(Growth hormones, beta blockers, anabolic steroids, narcotics / analgesics, diuretics, stimulants, peptide hormones / epo)</i> Effects of each drug and why they would be taken – examples of sports Side effects of each drug Positive and negative	

**Musculo-skeletal System**

The 5 functions of the skeletal system

Classification of bones (*Long, short, flat & irregular*)

Structure of the skeletal system – names of bones and their location – and what type of bone they are.

The vertebral column

Joints (*Pivot, hinge, ball & socket, condyloid*)

Joints and movement (*Flexion, Extension, Adduction, Abduction, Rotation, plantar flexion, dorsi flexion*)

Sporting examples related to each movement

*Week beginning 8<sup>th</sup> April*

What is the musculo-skeletal system

Muscle types (*Voluntary, involuntary, cardiac*)

The 12 key muscles and where they are on the body  
(*biceps, triceps, pectoralis major, quadriceps, hamstrings, gastrocnemius, external obliques, hip flexors, tibialis anterior, deltoid, latissimus dorsi, gluteals*)

What the 12 muscles do (e.g. the biceps flex the arm at the elbow) and relate specifically to sport

Antagonistic pairs (if this has been taught)

*Week beginning 8<sup>th</sup> / 15<sup>th</sup> April  
April depending when your test is.*

