



YEAR 11 GCSE PE REVISION

KJS PE Department would like you to revise different PE topic areas each week, leading up to your PE mock exam.

Examples of Revision Techniques:

Mind maps, flash cards, notes, spider diagrams, past papers, Everlearner, Seneca, revision guides and workbooks.

Reinforcing your memory – Ask someone at home or a friend to quiz you on your knowledge. Also try and think what environment you work best in e.g quiet space, group work, small time chunks.

Paper 1: 1 hour 30 Minutes (80 marks = 36% of final grade)

- **Physical training**
- **Anatomy & Physiology**
- **Movement Analysis**

The exam will be made up of:

- 8-10 multiple choice questions.
- 2-6 mark questions
- Graphs / data to analyse and answer questions on within the paper.
- One 9 mark question from the Physical Training Topic areas.

Paper 2: 1 hour 15 minutes (60 marks = 24% of final grade)

- **Health, Fitness & Wellbeing**
- **Sports Psychology**
- **Socio-Cultural influences**

The exam will be made up of:

- 8-10 multiple choice questions.
- 2-6 mark questions
- Graphs / data to analyse and answer questions on within the paper.
- One 9 mark question from the Sports Psychology & Sociocultural influences topic area.

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 and decide how to weight your response. Make sure you give enough points.
- SPECIFIC sporting examples i.e. SET SHOT in basketball

Students will also be using their CORE PE lessons to revise for Paper 1 in the first instance. This involves 3 lessons over 2 weeks and includes 1 teacher led lesson, 1 independent revision lesson & 1 peer coaching revision lesson.

There are 2 revision timetables for GCSE PE as there are 2 different papers with a topic area a week for each paper. Paper 2 revision starts after Easter as we are still studying this but at this point it will mean students revising for both papers once a week.



PAPER 1

TOPIC	WHAT YOU NEED TO KNOW.....	DATE
Health & Fitness	The 4 definitions <i>(Health, Fitness, Exercise and Performance)</i>	<i>Week beginning 26th February</i>
Components of fitness	What are the 5 components <i>(Cardiovascular Fitness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition)</i> The 5 definitions Examples relating to sports	<i>Week beginning 26th February</i>
Skill Related Fitness	What are the 6 components <i>(Balance, Co-ordination, Reaction Time, Agility, Power, Speed)</i> The 6 definitions Examples relating to sports	<i>Week beginning 4th March</i>
Fitness Tests	How to test the different components of fitness – protocol and what they test <i>(cooper run, Harvard step test, hand grip, press up, sit up, 30m sprint, vertical jump, sit & reach)</i> The use and interpretation of different fitness tests and looking at data. Data collection <i>(Qualitative / Quantitative)</i>	<i>Week beginning 4th March</i>
Principles of Training	The Principles of training <i>(Individual needs, Specificity, Progressive Overload, FITT, Rest & Recovery, Reversibility, over training)</i> The definitions of each on How each principle can be related to fitness / used in a PEP Impact on performance	<i>Week beginning 11th March</i>
Methods of Training	The 6 Methods of Training <i>(Circuit, Interval, Fartlek, Continuous, Weight, Plyometrics)</i> Definitions and examples of each method What sport might use what method What components of fitness each method uses Advantages & disadvantages	<i>Week beginning 18th March</i>
Heart Rates & Training Thresholds	The 5 key heart rate definitions <i>(Heart rate, resting, working, recovery and maximum)</i> How each heart rate can demonstrate fitness and when it is recorded within a session What training thresholds are and why they are important Anaerobic / aerobic target zones and how to calculate them	<i>Week beginning 18th March</i>
Injuries	PARQ How to prevent injuries – the 5 different ways. Types of injuries and how to treat them <i>(concussion, fractures, dislocation, sprains, torn cartilage, strain, tennis / golfers elbow, abrasions)</i> RICE	<i>Week beginning 25th March</i>

	<p>Importance of a warm up and cool down – link to body systems.</p> <p>The different phases of a warm up and cool down</p>	
<p>Performance Enhancing Drugs</p>	<p>The 7 different performance enhancing drugs <i>(Beta blockers, anabolic steroids, narcotics / analgesics, diuretics, stimulants, peptide hormones / epo & Growth hormones)</i></p> <p>Reasons why athletes take drugs.</p> <p>Effects of each drug and why they would be taken – examples of sports</p> <p>Side effects of each drug</p>	<p>Week beginning 1st April</p>
<p>Musculo-skeletal System</p>	<p>What is the musculo-skeletal system</p> <p>Muscle types <i>(Voluntary, involuntary, cardiac)</i></p> <p>The 12 key muscles and where they are on the body <i>(biceps, triceps, pectoralis major, quadriceps, hamstrings, gastrocnemius, external obliques, hip flexors, tibialis anterior, deltoid, latissimus dorsi, gluteals)</i></p> <p>What the 12 muscles do (e.g. the biceps flexes the arm at the elbow) and relate specifically to sport</p> <p>Antagonistic muscle pairs</p> <p>Muscle fibres types</p> <p>How the musculo-skeletal system works together to allow participation in sport.</p>	<p>Week beginning 8th April & 15th April</p>
	<p>The 5 functions of the skeletal system</p> <p>Classification of bones <i>(Long, short, flat & irregular)</i></p> <p>Structure of the skeletal system – names of bones and their location – and what type of bone they are.</p> <p>The vertebral column</p> <p>Joints <i>(Pivot, hinge, ball & socket, condyloid)</i></p> <p>Joints and movement <i>(Flexion, Extension, Adduction, Abduction, Rotation, plantar flexion, dorsi flexion)</i></p> <p>Sporting examples related to each movement</p> <p>How the musculo-skeletal system works together to allow participation in sport.</p>	<p>Week beginning 22nd April</p>
<p>Cardio-Respiratory System</p>	<p>The components and the function of the cardiovascular system.</p> <p>An overview of how the heart works</p> <p>The heart – its structure and different parts</p> <p>Blood pressure</p> <p>Structure and role of blood vessels <i>(arteries, veins and capillaries)</i></p> <p>Blood flow and blood distribution <i>(Vascular shunting)</i></p> <p>Function of blood <i>(Blood cells, platelets & plasma)</i></p> <p>Cardiac Output and Stroke Volume</p> <p>How the cardiovascular system links with the respiratory system and how they work together in sport.</p>	<p>Week beginning 29th April</p>

	<p>The components and the function of the respiratory system</p> <p>Inhaled and exhaled air</p> <p>Vital Capacity and tidal volume</p> <p>An overview of how breathing works</p> <p>Components of the respiratory system</p> <p>Structure of the respiratory system - parts</p> <p>Gaseous exchange and the alveoli</p> <p>Tidal Volume and Vital Capacity</p> <p>Effects of smoking on the respiratory system</p> <p>How the cardiovascular system links with the respiratory system and how they work together in sport.</p> <p>The difference between anaerobic & aerobic respiration & exercise</p> <p>Respiratory Equations</p> <p>Lactic acid & oxygen debt</p> <p>How energy is provided by fats and carbohydrates for different activities.</p>	<p><i>Week beginning 6th May</i></p>
<p>Effects of Exercise</p>	<p>Short term effects of exercise (<i>immediate</i>) on all the body systems</p> <p>Long term effects of exercise (<i>after 6 weeks regular exercise</i>) on all the body systems</p> <p>Interpretation of data and graphs</p>	<p><i>Week beginning 13th May</i></p>
<p>Levers</p>	<p>1st, 2nd and 3rd class levers</p> <p>How each is used in sport.</p> <p>How levers affect the range of movement</p> <p>Mechanical advantages & disadvantages</p>	<p><i>Week beginning 20th May</i></p>
<p>Planes & Axes</p>	<p>The difference between planes & axis and how they are used to create movement patterns</p> <p>The 3 different planes and examples of sporting movements.</p> <p>The 3 different axis and examples of sporting movements</p> <p>Cartwheels, somersaults & twist jumps for example</p> <p>How the planes & axis link together</p>	

PAPER 2

TOPIC	WHAT YOU NEED TO KNOW...	DATE
Physical, social & emotional well-being	<p>The benefits of physical activity on physical health</p> <p>The benefits of physical activity on emotional health</p> <p>The benefits of physical activity on social health</p> <p>Impact of fitness on well-being</p> <p>Lifestyle choices and impact on health & well-being (<i>Positive & negative</i>)</p>	<i>Week Beginning 25th March</i>
Sedentary Lifestyle	<p>What a sedentary lifestyle is</p> <p>Consequences and impact on health</p> <p>Know how to interpret and analyse data showing health trends</p>	<i>Week Beginning 1st April</i>
Diet & Energy & Weight	<p>What makes a balanced diet</p> <p>Roles of macro & micro nutrients (<i>Carbohydrates, protein, fat, vitamins, minerals, fibre, water</i>)</p> <p>Importance of carbo-loading / protein intake</p> <p>Factors affecting optimum weight (<i>Height, bone structure, muscle girth, gender</i>)</p> <p>Weight terminology e.g overweight, obese, overfat</p> <p>Energy balance to maintain a healthy weight</p> <p>Hydration</p>	<i>Week Beginning 8th & 15th April</i>
Classification of skills	<p>To know what a skill is</p> <p>To classify skills on 3 different continuums (<i>Difficulty – simple&complex / environmental - open&closed / organisational – high&low</i>)</p> <p>To justify why a skill has been classified in a certain way with sporting examples</p>	<i>Week Beginning 22nd April</i>
Practice structures – methods of practice	<p>To know the 4 different methods of practice (<i>Massed, distributed, fixed, varied</i>)</p> <p>To apply these to different skills (<i>eg which practice is best for an open skill etc</i>)</p>	<i>Week Beginning 29th April</i>
SMART targets	<p>To know why goal setting is important</p> <p>To know what SMART targets stands for and give examples for each (<i>Specific, measurable, achievable, realistic, time bound</i>)</p>	<i>Week Beginning 6th May</i>
Guidance & Feedback on performance	<p>To know the 4 different types of guidance that can be used to develop skills (<i>Visual, verbal, mechanical, manual</i>) To give examples of these</p> <p>To know the advantages and disadvantages</p> <p>To know the 4 different types of feedback that can be given to improve performance (<i>Intrinsic, extrinsic, concurrent, terminal</i>)</p> <p>To interpret feedback data</p> <p>Mental preparation for performance</p>	<i>Week Beginning 13th May</i>

Engagement patterns in physical activity	The impact of different factors on participation in sport <i>(gender, age, socio-economic group, ethnicity, disability)</i> Interpret data on participation rates	<i>Week Beginning 20th May</i>
Commercialisation of physical activity	Commercialisation and the media Impact on participation Advantages & Disadvantages of commercialisation Interpret data	<i>Week Beginning 27th May</i>
Ethical & Socio- cultural issues in physical activity	Sportsmanship & gamesmanship Behaviour in sport Deviance Graphs	<i>Week Beginning 3rd June</i>