



## 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:

- ✓ Use your revision guides, exam practice workbooks & flash cards to help with your memory and retention of content.
- ✓ Create **revision resources** such as mind maps, flash cards, notes or spider diagrams.
- ✓ Watch videos to add to your knowledge or test yourself on what you have learnt.
- ✓ Use Seneca for online revision & testing your self
- ✓ 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:

*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 EXAM**  
**REVISION SCHEDULE**

TOPIC	WHAT YOU NEED TO KNOW.....	PAGES IN REVISION GUIDE	PAGES IN EXAM PRACTICE WORKBOOK	DATE
<b>PHYSICAL TRAINING</b>				
<b>Health &amp; Fitness</b>	<b>The 4 definitions</b> (Health, Fitness, Exercise and Performance)	18	18	Week beginning 21 <sup>st</sup> April
<b>Components of fitness</b>	<b>What are the 11 components</b> (Cardiovascular Fitness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Balance, Co-ordination, Reaction Time, Agility, Power, Speed) <b>The 11 definitions</b> Examples relating to sports	19-21	19-22	
<b>Fitness Tests</b>	<b>How to test the different components of fitness – protocol and what they test</b> (cooper run, Harvard step test, hand grip, press up, sit up, 30m sprint, vertical jump, sit & reach)  <b>The use and interpretation of different fitness tests and looking at data.</b>  <b>Data collection</b> (Qualitative / Quantitative)	23-24	23-25	Week Beginning 28 <sup>th</sup> April
<b>Principles of Training</b>	<b>The Principles of training</b> (Individual needs, Specificity, Progressive Overload, FITT, Rest & Recovery, Reversibility, over training)  <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>	25-26	26-27	Week Beginning 5 <sup>th</sup> May
<b>Methods of Training</b>	<b>The 6 Methods of Training</b> (Circuit, Interval, Fartlek, Continuous, Weight, Plyometrics) <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>	28-30	29-31	Week beginning 12 <sup>th</sup> May
<b>Heart Rates &amp; Training Thresholds</b>	<b>The 5 key heart rate definitions</b> (Heart rate, resting, working, recovery and maximum)  <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>	27	28	

<b>Injuries</b>	<b>PARQ</b> <b>How to prevent injuries</b> – the 5 different ways. <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	31-33	32-33	Week beginning 19 <sup>th</sup> May
<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	34	35	

## ANATOMY & PHYSIOLOGY

<b>Musculo-skeletal System</b>	The 5 functions of the skeletal system  Classification of bones <i>(Long, short, flat &amp; irregular)</i>  Structure of the skeletal system – names of bones and their location – and what type of bone they are.  The vertebral column  Joints <i>(Pivot, hinge, ball &amp; socket, condyloid)</i>  Joints and movement <i>(Flexion, Extension, Adduction, Abduction, Rotation, plantar flexion, dorsi flexion)</i>  Sporting examples related to each movement	1-3	3-5	Week beginning 26 <sup>th</sup> May
	What is the musculo-skeletal system  Muscle types <i>(Voluntary, involuntary, cardiac)</i>  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> What the 12 muscles do (e.g. the biceps flex the arm at the elbow) and relate specifically to sport  Antagonistic pairs  Muscle fibres  How the musculo-skeletal system works together to allow participation in sport.	4-6	6-8	Week beginning 2 <sup>nd</sup> June .

<p><b>Cardiovascular System</b></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 &amp; plasma</i>)</p> <p>Cardiac Output and Stroke Volume</p>	<p>6-7</p>	<p>8-9</p>	<p>Week beginning 9<sup>th</sup> June</p>
-------------------------------------	---	------------	------------	---

