



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:

Revision guides & workbooks, revision booklets provided by staff, Everlearner, Past Papers (revision world), mind maps, flash cards, notes, spider diagrams, Seneca.

Reinforcing your memory – get someone to test you from the notes or resources that you make!

THE EXAMS

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

The exam will be made up of:

Section A: Questions are focused on Topic 1: Applied anatomy and physiology and Topic 2: Movement analysis.

Section B: Questions are focused on Topic 3: Physical Training.

Section C: One extended-response questions related to Physical Training.

Section A & B will be made up of

- up to 5 multiple choice questions.
- 2-6 mark questions
- Graphs / data to analyse and answer questions on within the paper.

Section C will be made up of

- One 9 mark question from Physical Training

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

The exam will be made up of:

Section A: Questions are focused on Topic 1: Health, fitness and well-being.

Section B: Questions are focused on Topic 2: Sport psychology and Topic 3: Socio-cultural influences.

Section C: One extended-response question related to Sport psychology and Socio-cultural influences.

Section A & B will be made up of

- up to 5 multiple choice questions.
- 2-6 mark questions
- Graphs / data to analyse and answer questions on within the paper.

Section C will be made up of

- One 9 mark question from Sports Psychology & Sociocultural influences.

Students will also be using their CORE PE lessons to revise for the PE exams.

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.....	REVISION GUIDE PAGES	EXAM PRACTICE BOOKLET PAGES	DATE
<u>PHYSICAL TRAINING</u>				
Health & Fitness	The 4 definitions (Health, Fitness, Exercise and Performance)	P18	P18	Week beginning 23 rd Feb
Components of fitness	What are the 11 components (Cardiovascular Fitness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition Balance, Co-ordination, Reaction Time, Agility, Power, Speed) The 11 definitions Examples relating to sports	P19-22	P19-22	Week beginning 23 rd Feb
Fitness Tests	How to test the different components of fitness – protocol and what they test (cooper run, Harvard step test, hand grip, press up, sit up, 30m sprint, vertical jump, sit & reach) The use and interpretation of different fitness tests and looking at data. Data collection (Qualitative / Quantitative)	P23-24	P23 -25	Week beginning 2 nd March
Principles of Training	The Principles of training (Individual needs, Specificity, Progressive Overload, FITT, Rest & Recovery, Reversibility, over training) The definitions of each one How each principle can be related to fitness / used in a PEP Impact on performance	P25-26	P26 - 27	Week beginning 2 nd March
Methods of Training	The 6 Methods of Training (Circuit, Interval, Fartlek, Continuous, Weight, Plyometrics) Definitions and examples of each method What sport might use what method What components of fitness each method uses Advantages & disadvantages	P28-30	P29 - 31	Week beginning 9 th March
Heart Rates & Training Thresholds	The 5 key heart rate definitions (Heart rate, resting, working, recovery and maximum) 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	P27	P28	Week beginning 9 th March

Injuries	<p>PARQ</p> <p>How to prevent injuries – the 5 different ways.</p> <p>Types of injuries and how to treat them (<i>concussion, fractures, dislocation, sprains, torn cartilage, strain, tennis / golfers elbow, abrasions</i>)</p> <p>RICE</p> <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>	P31-33	P32 - 34	Week beginning 16 th March
Performance Enhancing Drugs	<p>Reasons why athletes take drugs</p> <p>The 7 different performance enhancing drugs (<i>Growth hormones, beta blockers, anabolic steroids, narcotics / analgesics, diuretics, stimulants, peptide hormones / epo</i>)</p> <p>Effects of each drug and why they would be taken – examples of sports</p> <p>Side effects of each drug</p> <p>Positive and negative</p>	P34	P35	Week beginning 23 rd March
ANATOMY & PHYSIOLOGY				
Musculo-skeletal System	<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 flex the arm at the elbow) and relate specifically to sport</p> <p>Antagonistic pairs</p> <p>Muscle fibres</p> <p>How the musculo-skeletal system works together to allow participation in sport.</p>	P4 - 5	P6 - 7	Week beginning 30 th March
	<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, dorsiflexion</i>)</p> <p>Sporting examples related to each movement</p> <p>How the musculo-skeletal system works together to allow participation in sport.</p>	P1-3	P3 - 5	Week beginning 6 th April

Cardio-Respiratory System	<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>	<i>P6-7</i>	<i>P8 - 9</i>	<i>Week beginning 13th April</i>
	<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>Equations</p> <p>Lactic acid & oxygen debt</p> <p>How energy is provided by fats and carbohydrates for different activities.</p>	<i>P8-10</i>	<i>P10 - 12</i>	<i>Week beginning 20th April</i>
Effects of Exercise	<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>	<i>P11-13</i>	<i>P13 - 15</i>	<i>Week beginning 27th April</i>

MOVEMENT ANALYSIS

Levers	1 st , 2 nd and 3 rd class levers FLE, 123 How each is used in sport. How levers affect the range of movement Mechanical advantages & disadvantages	P15	P16	
Planes & Axes	The difference between planes & axis and how they are used to create movement patterns The 3 different planes and examples of sporting movements. The 3 different axis and examples of sporting movements Cartwheels, somersaults & twist jumps for example How the planes & axis link together	P16	P17	<i>Week beginning 5th May</i>
Exam Practice 9 mark questions	Practice papers Exam technique Structure of a 9 marker Practice writing paragraphs linked	P58-59	<i>Full paper 1 P54 - 68</i>	<i>Week beginning 12th May</i>

PAPER 2

TOPIC	WHAT YOU NEED TO KNOW...	REVISION GUIDE PAGES	EXAM PRACTICE BOOKLET PAGES	DATE
<u>HEALTH, FITNESS AND WELL BEING</u>				
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>	P36-38	P36-38	Week Beginning 6 th April
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>	P39	P39-40	Week Beginning 6 th April
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>	P40-43	P41-43	Week Beginning 13 th April
<u>SPORTS PSYCHOLOGY</u>				
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>	P45	P44	Week Beginning 20 th April
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>	P45	P44	Week Beginning 20 th April
SMART targets & Mental rehearsal	<p>To know why goal setting is important</p> <p>To know what SMART targets stands for and give examples for each</p>	P46	P45	Week Beginning 27 th April

	<p>(Specific, measurable, achievable, realistic, time bound)</p> <p>To understand what mental rehearsal / preparation is.</p> <p>To know the benefits of this for performers</p>			
Guidance & Feedback on performance	<p>To know the 4 different types of guidance that can be used to develop skills (Visual, verbal, mechanical, manual) 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 (Intrinsic, extrinsic, concurrent, terminal)</p> <p>To interpret feedback data</p> <p>Mental preparation for performance</p>	P47	P46-47	Week Beginning 4 th May
SOCIO-CULTURAL INFLUENCES				
Engagement patterns in physical activity	<p>The impact of different factors on participation in sport (gender, age, socio-economic group, ethnicity, disability)</p> <p>Interpret data on participation rates</p>	P49-50	P48-49	Week Beginning 11 th May
Commercialisation of physical activity	<p>Commercialisation and the media</p> <p>Impact on participation</p> <p>Advantages & Disadvantages of commercialisation</p> <p>Interpret data</p>	P51-52	P50-51	Week Beginning 18 th May
Ethical & Socio-cultural issues in physical activity	<p>Sportsmanship & gamesmanship</p> <p>Behaviour in sport</p> <p>Deviance</p> <p>Graphs</p>	P53	P52-54	Week Beginning 25 th May
Exam Practice 9 mark questions	<p>Practice papers</p> <p>Exam technique</p> <p>Structure of a 9 marker</p> <p>Practice writing paragraphs linked</p>	P58-59	Full Paper 2 P69-79	Week Beginning 25 th May