



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 |
|--|---|-------------------------|--------------------------------|--------------------------------------|
| PHYSICAL TRAINING | | | | |
| 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 |

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| Injuries | <p>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 Importance of a warm up and cool down – link to body systems. The different phases of a warm up and cool down</p> | <i>P31-33</i> | <i>P32 - 34</i> | <i>Week beginning 16th March</i> |
| Performance Enhancing Drugs | <p>Reasons why athletes take drugs The 7 different performance enhancing drugs <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</p> | <i>P34</i> | <i>P35</i> | <i>Week beginning 23rd March</i> |
| 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> | <i>P4 - 5</i> | <i>P6 - 7</i> | <i>Week beginning 30th March</i> |
| | <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> | <i>P1-3</i> | <i>P3 - 5</i> | <i>Week beginning 6th April</i> |

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| 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> | P6-7 | P8 - 9 | Week beginning 13 th April |
| | <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> | P8-10 | P10 - 12 | Week beginning 20 th April |
| 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> | P11-13 | P13 - 15 | Week beginning 27 th April |

MOVEMENT ANALYSIS

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| Levers | <p>1st, 2nd and 3rd class levers</p> <p>FLE, 123</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>P15</i></p> | <p><i>P16</i></p> | <p><i>Week beginning 5th May</i></p> |
| Planes & Axes | <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> | <p><i>P16</i></p> | <p><i>P17</i></p> | |
| 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> | <p><i>P58-59</i></p> | <p><i>Full paper 1 P54 - 68</i></p> | <p><i>Week beginning 12th May</i></p> |

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 |

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| | <p><i>(Specific, measurable, achievable, realistic, time bound)</i></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 <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>P47</i> | <i>P46-47</i> | <i>Week Beginning 4th May</i> |

SOCIO-CULTURAL INFLUENCES

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|---|---|---------------|--------------------------------|---|
| Engagement patterns in physical activity | <p>The impact of different factors on participation in sport <i>(gender, age, socio-economic group, ethnicity, disability)</i></p> <p>Interpret data on participation rates</p> | <i>P49-50</i> | <i>P48-49</i> | <i>Week Beginning 11th May</i> |
| 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> | <i>P51-52</i> | <i>P50-51</i> | <i>Week Beginning 18th May</i> |
| Ethical & Socio-cultural issues in physical activity | <p>Sportsmanship & gamesmanship</p> <p>Behaviour in sport</p> <p>Deviance</p> <p>Graphs</p> | <i>P53</i> | <i>P52-54</i> | <i>Week Beginning 25th May</i> |
| 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> | <i>P58-59</i> | <i>Full Paper 2 P69-79</i> | <i>Week Beginning 25th May</i> |