



YEAR 10 GCSE PE REVISION

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

Examples of Revision Techniques:

- ✓ Use Everleaner to watch videos that go over the content, or to test yourself on key topics.
- ✓ Use 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.
- ✓ Use Seneca for online revision & testing your self
- ✓ Look back over **exam practice** from lessons and your previous three 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

REVISION

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 your 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
PHYSICAL TRAINING				
Health & Fitness	The 4 definitions <i>(Health, Fitness, Exercise and Performance)</i>	18	18	Week beginning 20 th April
Components of fitness	What are the 11 components <i>(Cardiovascular Fitness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Balance, Co-ordination, Reaction Time, Agility, Power, Speed)</i> The 11 definitions Examples relating to sports	19-21	19-22	
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>	23-24	23-25	Week Beginning 27 th April
Principles of Training	The Principles of training <i>(Individual needs, Specificity, Progressive Overload, FITT, Rest & Recovery, Reversibility, over training)</i> The definitions of each one How each principle can be related to fitness / used in a PEP Impact on performance	25-26	26-27	Week Beginning 4 th May
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	28-30	29-31	Week beginning 11 th May
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	27	28	

<p>Injuries</p>	<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>	<p>31-33</p>	<p>32-33</p>	<p>Week beginning 18th May</p>
<p>Performance Enhancing Drugs</p>	<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>	<p>34</p>	<p>35</p>	

ANATOMY & PHYSIOLOGY

<p>Musculo-skeletal System</p>	<p><u>Skeletal System</u></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>1-3</p>	<p>3-5</p>	<p>Week beginning 25th May</p>
<p>Musculo-skeletal System</p>	<p><u>Muscular System</u></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 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>	<p>4-6</p>	<p>6-8</p>	<p>Week beginning 1st June .</p>

	<p><u>Cardiovascular System</u></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>	P6-7	P8 - 9	Week beginning 8 th June
<p>Cardio-Respiratory System</p>	<p><u>Respiratory System</u></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>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 15 th June