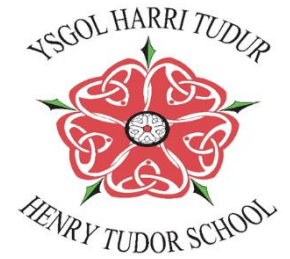


PE Revision Guide



Advice for Exams:

Read each question carefully

Match the number of marks with the numbers of points you have to make

Look out for command words like, identify, define, describe and explain.

Physical Education

Key Dates:

Practical moderation (Feb/March)

May 13th - Written exam

Revision tools/strategies/resources:

<https://resources.wjec.co.uk/>

GCSE revision guide from school. Quizlet, past papers and notes from your own books.

Chapter 1: Health, Training and Exercise

Chapter 2: Exercise Physiology

Chapter 3 - Movement Analysis

Chapter 4 - Psychology of Sport

Chapter 5 - Socio-cultural Factors in Sport

#reachforthestars

Week beginning (Monday)	Suggested Topics to Revise:	Achieved?	WEEK
February 17 th HALF TERM	Unit 1: Health Training and Exercise: Relationship between Health, Fitness and Exercise / Physical, Social and Mental benefits / Positive lifestyle choices / Sedentary lifestyle / Discuss the nutritional requirements of people in different sports / nutrients / energy balance / carbo loading		
Feb 24 th	Analyse the components of fitness and how these components can be measured: understand all 11 fitness components, the test / tests associated with each and the protocols for each test		1
March 2 nd	Assess how the principles of training are used when an athlete develops fitness: Principles of training (SPOV) / Training thresholds / Methods of training and the importance of a warm-up and cool-down		2
March 9 th	Unit 2: Exercise Physiology: Analyse the structure and function of the muscular skeletal system: Types of muscles / major muscles and bones / functions of the Skeleton / types of joint / types of movement / muscle contractions / muscle fibre types		3
March 16 th	Analyse the structure and function of the Cardio – Respiratory System: Parts / Functions / Blood vessels / Cardiac values / Blood pressure / Heart rate / Diffusion / Lung values		4
March 23 rd	Assess the use of different energy systems for different activities: Aerobic and Anaerobic exercise / 3 energy systems / short and long term effects of exercise		5
March 30 th	Unit 3: Movement Analysis: Analyse how muscles contract / Isotonic (concentric / Eccentric) / Identify the 3 lever systems / Planes and axis of movement / Evaluate how a coach uses technology to make a better performer / types of technology etc.		6
April 6 th EASTER HOLIDAY	Unit 5: Socio-Cultural Factors in Sport: assess the factors that affect participating in sport / Analyse the ethical aspects that affect participating in sport / Sportsmanship / Gamesmanship / Deviance		7
April 13 th EASTER HOLIDAY	Assess local and national provision of sport / public, private and voluntary sector / PE and school sport / Analyse the commercial aspects of modern sport / Media and Sponsorship		8
April 20 th	Re-cap Units 1 and 2		9
April 27 th	Re-cap Units 3, 4 and 5		10
May 4 th (1 st exam this week...)	Final preparation for the exam on Wednesday		
May 13 th	Exam		

