

Subject: Physical Education

Qualification: GCSE

Exam Date(s): Wednesday 15th May 2019 (paper 1), Friday 17th May 2019 (paper 2)

WHAT TO REVISE Key topics for revision	HOW TO REVISE Strategies to help you get started with revision	HELP Other resources you could use to support you
<p><u>PAPER ONE</u></p> <p>1) Applied Anatomy and Physiology (structure and function of skeleton, muscular system and cardio-respiratory system, Aerobic and anaerobic exercise, effects of exercise)</p> <p>2) Movement Analysis (Types of levers, Basic movements, planes of movement and axis of rotation)</p> <p>3) Physical Training (Health and Fitness, Components of Fitness, Fitness Testing, Principles of Training, Training Thresholds, Types of Training, Preventing Injury, Training Sessions, Warm up/Cool Downs)</p>	<p>For each topic focus on, during physical activity, what changes happen, how they happen and why they happen.</p> <p>Draw each lever, learn where there are at least two examples of each in the body. Pick three sporting movements and label the movement at each joint, the plane of movement and axis.</p> <p>Create a table showing the link between each component of fitness, training type and fitness testing method.</p> <p>PLan a training session for a sport of your choice showing how you would promote safety and prevent injury.</p>	<p>Kerboodle Website: - Log-in details Username: (School username) Password: (School username) Organisation code: wi4</p> <p>Quizlet app. Learn, match and test.</p> <p>Revision Guide – AQA GCSE Physical Education 2nd edition – My Revision Notes – Kirk Bizley</p> <p>Other Websites</p> <ul style="list-style-type: none">- GCSE Bitesize - PE- www.teachpe.com <p>In school on the network:</p> <ul style="list-style-type: none">- Birchfield Lesson Kits – PE <p>ZigZag- Topic on a page for each area. Teachers will provide in lessons.</p>

<p><u>PAPER 2</u></p> <p>4) Sports Psychology (Skill and Ability, Goals and Targets, Information Processing, Guidance and Feedback, Arousal, Aggression, Personality Type, Motivation)</p> <p>5) Socio-cultural Influences (Social groups and Factors Affecting Participation, Commercialisation of Sport, Impact of Technology, Ethical Conduct, Spectator Behaviour)</p> <p>6) Health, Fitness and Well-Being (Physical, Emotions and Social Health, Sedentary Lifestyle, Somatotypes, Energy Use, Balanced Diet, Maintaining Water Balance)</p>	<p>Draw a spider diagram for each topic showing AO1 knowledge and AO2 relating it to a sport showing the impact it has on performance.</p> <p>Highlight the impacts on your sporting participation and performance. Pick a sport write about the technological changes in recent years to the sport and how they have impacted performance.</p> <p>Draw a spider diagram for each topic showing AO1 knowledge and AO2 relating it to a sport showing the impact it has on performance.</p>	<p>GCSE PE Mock exam paper</p> <ul style="list-style-type: none"> - Structure of multi-choice questions - Short answer questions - Longer answer questions
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