

GCSE PE

Topics to revise

- The skeletal system (functions, joints, location of bones, types of movement)
- The muscular system (roles of muscles, antagonistic muscle pairs, name of muscles)
- Planes of movements and lever systems
- Principles of training (FITT/ types of training)
- Components of fitness and tests (speed, power, agility, co-ordination, CV endurance, balance, muscular endurance, strength, agility, flexibility)
- SMART (principles/goals/targets)
- Mental preparation technique (imagery/ mental rehearsal/ selective attention/ positive thinking)
- Types of guidance and feedback (visual/ verbal/ manual and mechanical/ knowledge of results/ knowledge of performance)
- Characteristics of skilful movement
- Classification of skill
- Healthy lifestyle, fitness, wellbeing
- Warm Ups and Cool Downs
- Risk Assessment and injury prevention (PPE)

Revision Strategies

Past exam questions

Identifying key words in the question.

Timelines

Cue Cards

Mind Maps, posters using colours

Mini Revision Booklet

Post its

Highlight Key points

Copy and recopy diagrams

Make mnemonics! You might find this anagram wizard helpful

Record notes to your phone and Ipad/Ipad

Match definition cards

Purchase the GCSE PE OCR revision booklet

Various websites: BBC Bitesize website, <http://www.teachpe.com/>