

# GCSE PE

## Topics to revise

### Paper 1

- The skeletal system (functions, joints, location of bones, types of movement)
- The muscular system (roles of muscles, antagonistic muscle pairs, name of muscles)
- **Movement Analysis (planes, & axis, levers)**
- **The Cardiovascular and respiratory system (structure & function)**
- **The effects of exercise on the body (Short & Long term effects)**
- **Components of fitness and tests (speed, power, agility, co-ordination, CV endurance, balance, muscular endurance, strength, agility, flexibility)**
- **Principles of training (SPOR/FITT/ types of training)**
- Warm Ups and Cool Downs
- **Risk Assessment and injury prevention**

### Paper 2

- **Socio-cultural influences (engagement patterns, physical activity & sport in the UK, participation in physical activity & sport)**
- Commercialisation of physical activity and sport.
- Ethical & socio-cultural issues (sportsmanship, gamesmanship, deviance: drugs & violence in sport)
- Characteristics of skilful movement & Classification of skill
- **Goal setting**
- Mental preparation
- **Types of guidance, types of feedback**
- **Health, fitness & wellbeing**
- **Diet & Nutrition**

**NOTE: The 6 mark question may include content from either paper!!!**

## 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: Seneca, BBC Bitesize website, <http://www.teachpe.com/>