

GCSE PE

Topics to revise

Year 10– Paper 1

Applied Anatomy & Physiology:

- Skeletal system – bones, joints, functions, types of movement
- Muscular system – muscles, antagonistic pairs
- Movement Analysis – lever systems, planes of movement, axis of rotation
- Cardiovascular System – pathway of blood, structure of the heart, characteristics of blood vessels
- Respiratory System – structure, pathway of air, role of breathing muscles, aerobic and anaerobic systems
- Effects of exercise – short and long-term effects of exercise on body systems.

Physical Training:

- Components of Fitness (agility, balance, co-ordination, speed, power, reaction-time, strength, flexibility, cardiovascular endurance, muscular endurance)
- Applying the principles of training – SPOR, FITT.
- Types of training – continuous, resistance, interval, fartlek, circuit, HIIT, plyometric
- Preventing injury in physical activity and training – risk assessments, warm ups, cool downs

Revision Strategies

Seneca

Past paper questions

Identify key words

Copy and highlight diagrams

Flash cards

Knowledge organisers

BBC bitesize

Quizlet

Make mnemonics! You might find this anagram wizard helpful

Record notes to your phone

Match definition cards

Purchase the GCSE PE OCR revision booklet