# YEAR 11 GCSE PE REVISION

**KJS PE Department would like you to revise different PE topic areas each week, leading up to your GCSE PE theory exam.**

**Examples of Revision Techniques:**

Mind maps, flash cards, notes, spider diagrams, past papers, Everlearner, Seneca, revision guides and workbooks.

***Reinforcing your memory – get someone to test you from the notes or resources that you make!***

**THE EXAMS**

**Paper 1:** 1 hour 30 Minutes (80 marks = 36% of final grade)

**The exam will be made up of:**

**Section A: Questions are focused on Topic 1: Applied anatomy and physiology and Topic 2: Movement analysis.**
**Section B: Questions are focused on Topic 3: Physical Training.**
**Section C: One extended-response questions related to Physical Training.**

Section A & B will be made up of

- up to 5 multiple choice questions.
- 2-6 mark questions
- Graphs / data to analyse and answer questions on within the paper.

Section C will be made up of

- One 9 mark question from Physical Training

**Paper 2:** 1 hour 15 minutes (60 marks = 24% of final grade)

**The exam will be made up of:**

**Section A: Questions are focused on Topic 1: Health, fitness and well-being.**
**Section B: Questions are focused on Topic 2: Sport psychology and Topic 3: Socio-cultural influences.**
**Section C: One extended-response question related to Sport psychology and Socio-cultural influences.**

Section A & B will be made up of

- up to 5 multiple choice questions.
- 2-6 mark questions
- Graphs / data to analyse and answer questions on within the paper.

Section C will be made up of

- One 9 mark question from Sports Psychology & Sociocultual influences.

*Students will also be using their CORE PE lessons to revise for the PE exams.*

There are 2 revision timetables for GCSE PE as there are 2 different papers with a topic area a week for each paper. Paper 2 revision starts after Easter as we are still studying this but at this point it will mean students revising for both papers once a week.

# PAPER 1

| TOPIC | WHAT YOU NEED TO KNOW….. | REVISION GUIDE PAGES | EXAM PRACTICE BOOKLET PAGES | DATE |
|---|---|---|---|---|
| | ***PHYSICAL TRAINING*** | | | |
| **Health & Fitness** | **The 4 definitions**<br>*(Health, Fitness, Exercise and Performance)* | *P18* | *P18* | *Week beginning 24th Feb* |
| **Components of fitness** | **What are the 11 components**<br>(*Cardiovascular Fitness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition Balance, Co-ordination, Reaction Time,Agility, Power, Speed)*<br>**The 11 definitions**<br>**Examples relating to sports** | *P19-22* | *P19-22* | *Week beginning 24th Feb* |
| **Fitness Tests** | **How to test the different components of fitness – protocol and what they test**<br>*(cooper run, Harvard step test, hand grip, press up, sit up, 30m sprint, vertical jump, sit & reach)*<br><br>**The use and interpretation of different fitness tests and looking at data.**<br><br>**Data collection** *(Qualitative / Quantitative)* | *P23-24* | *P23 -25* | *Week beginning 3rd March* |
| **Principles of Training** | **The Principles of training**<br>*(Individual needs, Specificity, Progressive Overload, FITT, Rest & Recovery, Reversibility, over training)*<br><br>**The definitions of each one**<br><br>**How each principle can be related to fitness / used in a PEP**<br><br>**Impact on performance** | *P25-26* | *P26 - 27* | *Week beginning 3rd March* |
| **Methods of Training** | **The 6 Methods of Training**<br>*(Circuit, Interval, Fartlek, Continuous, Weight, Plyometrics)*<br>**Definitions and examples of each method**<br><br>**What sport might use what method**<br><br>**What components of fitness each method uses**<br><br>**Advantages & disadvantages** | *P28-30* | *P29 - 31* | *Week beginning 10th March* |
| **Heart Rates & Training Thresholds** | **The 5 key heart rate definitions**<br>*(Heart rate, resting, working, recovery and maximum)*<br><br>**How each heart rate can demonstrate fitness and when it is recorded within a session**<br><br>**What training thresholds are and why they are important**<br><br>**Anaerobic / aerobic target zones and how to calculate them** | *P27* | *P28* | *Week beginning 10th March* |

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| **Injuries** | **PARQ**<br>**How to prevent injuries** – the 5 different ways.<br>**Types of injuries and how to treat them** *(concussion, fractures, dislocation, sprains, torn cartilage, strain, tennis / golfers elbow, abrasions)*<br>**RICE**<br>Importance of a warm up and cool down – link to body systems.<br>The different phases of a warm up and cool down | *P31-33* | *P32 - 34* | *Week beginning 17th March* |
| **Performance Enhancing Drugs** | Reasons why athletes take drugs<br>**The 7 different performance enhancing drugs** *(Growth hormones, beta blockers, anabolic steroids, narcotics / analgesics, diuretics, stimulants, peptide hormones / epo)*<br>Effects of each drug and why they would be taken – examples of sports<br>Side effects of each drug<br>Positive and negative | *P34* | *P35* | *Week beginning 24th March* |
| ***ANATOMY & PHYSIOLOGY*** | | | | |
| **Musculo-skeletal System** | What is the musculo-skeletal system<br><br>Muscle types *(Voluntary, involuntary, cardiac)*<br><br>The 12 key muscles and where they are on the body<br>*(biceps, triceps, pectoralis major, quadriceps, hamstrings, gastrocnemius, external obliques, hip flexors, tibialis anterior, deltoid, latissimus dorsi, gluteals)*<br>What the 12 muscles do (e.g. the biceps flex the arm at the elbow) and relate specifically to sport<br><br>Antagonistic pairs<br><br>Muscle fibres<br><br>How the musculo-skeletal system works together to allow participation in sport. | *P4 - 5* | *P6 - 7* | *Week beginning 31st March* |
| | The 5 functions of the skeletal system<br><br>Classification of bones *(Long, short, flat & irregular)*<br><br>Structure of the skeletal system – names of bones and their location – and what type of bone they are.<br><br>The vertebral column<br><br>Joints *(Pivot, hinge, ball & socket, condyloid)*<br><br>Joints and movement *(Flexion, Extension, Adduction, Abduction, Rotation, plantar flexion, dorsi flexion)*<br><br>Sporting examples related to each movement<br><br>How the musculo-skeletal system works together to allow participation in sport. | *P1-3* | *P3 - 5* | *Week beginning 7th April* |

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| | The components and the function of the cardiovascular system.<br><br>An overview of how the heart works<br><br>The heart – its structure and different parts<br><br>Blood pressure<br><br>Structure and role of blood vessels *(arteries, veins and capillaries)*<br><br>Blood flow and blood distribution (*Vascular shunting)*<br><br>Function of blood *(Blood cells, platelets & plasma)*<br><br>Cardiac Output and Stroke Volume<br><br>How the cardiovascular system links with the respiratory system and how they work together in sport. | *P6-7* | *P8 - 9* | *Week beginning 14th April* |
| **Cardio-Respiratory System** | The components and the function of the respiratory system<br><br>Inhaled and exhaled air<br><br>Vital Capacity and tidal volume<br><br>An overview of how breathing works<br><br>Components of the respiratory system<br><br>Structure of the respiratory system - parts<br><br>Gaseous exchange and the alveoli<br><br>Tidal Volume and Vital Capacity<br><br>Effects of smoking on the respiratory system<br><br>How the cardiovascular system links with the respiratory system and how they work together in sport.<br><br>The difference between anaerobic & aerobic respiration & exercise<br><br>Equations<br><br>Lactic acid & oxygen debt<br><br>How energy is provided by fats and carbohydrates for different activities. | *P8-10* | *P10 - 12* | *Week beginning 21st April* |
| **Effects of Exercise** | Short term effects of exercise *(immediate)* on all the body systems<br><br>Long term effects of exercise (*after 6 weeks regular exercise)* on all the body systems<br><br>Interpretation of data and graphs | *P11-13* | *P13 - 15* | *Week beginning 28th April* |

| ***MOVEMENT ANALYSIS*** | | | | |
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| **Levers** | 1st, 2nd and 3rd class levers<br><br>FLE, 123<br><br>How each is used in sport.<br><br>How levers affect the range of movement<br><br>Mechanical advantages & disadvantages | *P15* | *P16* | *Week beginning 5th May* |
| **Planes & Axes** | The difference between planes & axis and how they are used to create movement patterns<br><br>The 3 different planes and examples of sporting movements.<br><br>The 3 different axis and examples of sporting movements<br><br>Cartwheels, somersaults & twist jumps for example<br><br>How the planes & axis link together | *P16* | *P17* | |
| **Exam Practice**<br>**9 mark questions** | Practice papers<br>Exam technique<br>Structure of a 9 marker<br>Practice writing paragraphs linked | *P58-59* | *Full paper 1*<br>*P54 - 68* | *Week beginning 12th May* |

# PAPER 2

| TOPIC | WHAT YOU NEED TO KNOW… | REVISION GUIDE PAGES | EXAM PRACTICE BOOKLET PAGES | DATE |
|---|---|---|---|---|
| | ***HEALTH, FITNESS AND WELL BEING*** | | | |
| **Physical, social & emotional well-being** | The benefits of physical activity on physical health<br><br>The benefits of physical activity on emotional health<br><br>The benefits of physical activity on social health<br><br>Impact of fitness on well-being<br><br>Lifestyle choices and impact on health & well-being (*Positive & negative)* | *P36-38* | *P36-38* | *Week Beginning 7th April* |
| **Sedentary Lifestyle** | What a sedentary lifestyle is<br><br>Consequences and impact on health<br><br>Know how to interpret and analyse data showing health trends | *P39* | *P39-40* | *Week Beginning 7th April* |
| **Diet & Energy & Weight** | What makes a balanced diet<br><br>Roles of macro & micro nutrients *(Carbohydrates, protein, fat, vitamins, minerals, fibre, water)*<br><br>Importance of carbo-loading / protein intake<br><br>Factors affecting optimum weight *(Height, bone structure, muscle girth, gender)*<br><br>Weight terminology e.g overweight, obese, overfat<br><br>Energy balance to maintain a healthy weight<br><br>Hydration | *P40-43* | *P41-43* | *Week Beginning 14th April* |
| | ***SPORTS PSYCHOLOGY*** | | | |
| **Classification of skills** | To know what a skill is<br><br>To classify skills on 3 different continuums *(Difficulty – simple&complex / environmental - open&closed / organisational – high&low)*<br><br>To justify why a skill has been classified in a certain way with sporting examples | *P45* | *P44* | *Week Beginning 21st April* |
| **Practice structures – methods of practice** | To know the 4 different methods of practice *(Massed, distributed, fixed, varied)*<br><br>To apply these to different skills *(eg which practice is best for an open skill etc)* | *P45* | *P44* | *Week Beginning 21st April* |
| **SMART targets & Mental rehearsal** | To know why goal setting is important<br><br>To know what SMART targets stands for and give examples for each | *P46* | *P45* | *Week Beginning 28th April* |

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| | *(Specific, measurable, achievable, realistic, time bound)*<br><br>To understand what mental rehearsal / preparation is.<br><br>To know the benefits of this for performers | | | |
| **Guidance & Feedback on performance** | To know the 4 different types of guidance that can be used to develop skills *(Visual, verbal, mechanical, manual)* To give examples of these<br><br>To know the advantages and disadvantages<br><br>To know the 4 different types of feedback that can be given to improve performance *(Intrinsic, extrinsic, concurrent, terminal)*<br><br>To interpret feedback data<br><br>Mental preparation for performance | *P47* | *P46-47* | *Week Beginning 5th May* |
| ***SOCIO-CULTURAL INFLUENCES*** | | | | |
| **Engagement patterns in physical activity** | The impact of different factors on participation in sport *(gender, age, socio-economic group, ethnicity, disability)*<br><br>Interpret data on participation rates | *P49-50* | *P48-49* | *Week Beginning 12th May* |
| **Commercialisation of physical activity** | Commercialisation and the media<br><br>Impact on participation<br><br>Advantages & Disadvantages of commercialisation<br><br>Interpret data | *P51-52* | *P50-51* | *Week Beginning 19th May* |
| **Ethical & Socio-cultural issues in physical activity** | Sportsmanship & gamesmanship<br><br>Behaviour in sport<br><br>Deviance<br><br>Graphs | *P53* | *P52-54* | *Week Beginning 26th May* |
| **Exam Practice 9 mark questions** | Practice papers<br>Exam technique<br>Structure of a 9 marker<br>Practice writing paragraphs linked | *P58-59* | *Full Paper 2 P69-79* | *Week Beginning 2nd June* |