



YEAR 10 GCSE PE REVISION

KJS PE Department would like you to revise different PE topic areas each week, leading up to your Year 10 Test in April.

Examples of Revision Techniques:

- ✓ Use your revision guides, exam practice workbooks & flash cards to help with your memory and retention of content.
- ✓ Create **revision resources** such as mind maps, flash cards, notes or spider diagrams.
- ✓ Watch videos to add to your knowledge or test yourself on what you have learnt.
- ✓ Use Seneca for online revision & testing your self
- ✓ Look back over **exam practice** from lessons and your previous two learning cycle papers.
- ✓ Read your **green sheets** to identify key areas of development ahead of your year 10 test.
- ✓ Reinforcing your memory – **get someone to test you** from the notes or resources that you make!
- ✓ Follow kjs_gcsepe on **Instagram** for revision tips and quizzes



Exam Details:

It will consist of everything you have learnt so far since the start of year 10 (see topics on the timetable)

The exam will be made up of:

- Multiple choice questions.
- 2-6 mark questions.
- One 9 mark question from the Physical Training Topic areas.

Specific PE Tips

- Answer ALL questions.
- Underline key words in the questions. Read all parts of the questions carefully.
- Identify how many marks are awarded for each question before answering. Make sure you give enough points.
- SPECIFIC sporting examples i.e. SET SHOT in basketball
- Plan you 9 mark question and ensure you include knowledge, examples and a discussion or evaluation.



YEAR 10 EXAM
REVISION SCHEDULE

TOPIC	WHAT YOU NEED TO KNOW.....	PAGES IN REVISION GUIDE	PAGES IN EXAM PRACTICE WORKBOOK	DATE
PHYSICAL TRAINING				
Health & Fitness	The 4 definitions (Health, Fitness, Exercise and Performance)	18	18	Week beginning 21 st April
Components of fitness	What are the 11 components (Cardiovascular Fitness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Balance, Co-ordination, Reaction Time, Agility, Power, Speed) The 11 definitions Examples relating to sports	19-21	19-22	
Fitness Tests	How to test the different components of fitness – protocol and what they test (cooper run, Harvard step test, hand grip, press up, sit up, 30m sprint, vertical jump, sit & reach) The use and interpretation of different fitness tests and looking at data. Data collection (Qualitative / Quantitative)	23-24	23-25	Week Beginning 28 th April
Principles of Training	The Principles of training (Individual needs, Specificity, Progressive Overload, FITT, Rest & Recovery, Reversibility, over training) The definitions of each one How each principle can be related to fitness / used in a PEP Impact on performance	25-26	26-27	Week Beginning 5 th May
Methods of Training	The 6 Methods of Training (Circuit, Interval, Fartlek, Continuous, Weight, Plyometrics) Definitions and examples of each method What sport might use what method What components of fitness each method uses Advantages & disadvantages	28-30	29-31	Week beginning 12 th May
Heart Rates & Training Thresholds	The 5 key heart rate definitions (Heart rate, resting, working, recovery and maximum) How each heart rate can demonstrate fitness and when it is recorded within a session What training thresholds are and why they are important Anaerobic / aerobic target zones and how to calculate them	27	28	

Injuries	PARQ How to prevent injuries – the 5 different ways. Types of injuries and how to treat them (concussion, fractures, dislocation, sprains, torn cartilage, strain, tennis / golfers elbow, abrasions) RICE Importance of a warm up and cool down – link to body systems. The different phases of a warm up and cool down	31-33	32-33	Week beginning 19 th May
Performance Enhancing Drugs	Reasons why athletes take drugs The 7 different performance enhancing drugs (Growth hormones, beta blockers, anabolic steroids, narcotics / analgesics, diuretics, stimulants, peptide hormones / epo) Effects of each drug and why they would be taken – examples of sports Side effects of each drug Positive and negative	34	35	

ANATOMY & PHYSIOLOGY

Musculo-skeletal System	The 5 functions of the skeletal system Classification of bones (<i>Long, short, flat & irregular</i>) Structure of the skeletal system – names of bones and their location – and what type of bone they are. The vertebral column Joints (<i>Pivot, hinge, ball & socket, condyloid</i>) Joints and movement (<i>Flexion, Extension, Adduction, Abduction, Rotation, plantar flexion, dorsi flexion</i>) Sporting examples related to each movement	1-3	3-5	Week beginning 26 th May
	What is the musculo-skeletal system Muscle types (<i>Voluntary, involuntary, cardiac</i>) The 12 key muscles and where they are on the body (<i>biceps, triceps, pectoralis major, quadriceps, hamstrings, gastrocnemius, external obliques, hip flexors, tibialis anterior, deltoid, latissimus dorsi, gluteals</i>) What the 12 muscles do (e.g. the biceps flex the arm at the elbow) and relate specifically to sport Antagonistic pairs Muscle fibres How the musculo-skeletal system works together to allow participation in sport.	4-6	6-8	Week beginning 2 nd June .

Cardiovascular System	The components and the function of the cardiovascular system. An overview of how the heart works The heart – its structure and different parts Blood pressure Structure and role of blood vessels (<i>arteries, veins and capillaries</i>) Blood flow and blood distribution (<i>Vascular shunting</i>) Function of blood (<i>Blood cells, platelets & plasma</i>) Cardiac Output and Stroke Volume	6-7	8-9	Week beginning 9th June
-------------------------------------	---	------------	------------	---

