

GCSE PE TOPIC CHECKLIST

PAPER 1 - Fitness and Body Systems

Fitness and Body Systems	Knowledge Organiser	Mind Map	GCSE PE Bitesize Test Date you got 10/10	Topic Test Score / Date	RAG Rating of Topic - Colour whole row R = Red - Need help A = Amber - I need to Revise G = Green - I am confident with this
Topic 1: Applied anatomy and physiology					
<i>1.1 The structure and functions of the musculoskeletal system</i>					Skeletal System GCSE Pods Muscular System GCSE Pods Musculoskeletal System GCSE Pods Musculoskeletal System II GCSE Pods Skeletal System BBC Bitesize Muscular System BBC Bitesize
<i>1.2 The structure and functions of the cardiorespiratory system</i>					Cardiorespiratory System GCSE Pods Cardiorespiratory System II GCSE Pods Cardiorespiratory System III GCSE Pods Cardiorespiratory System IIII GCSE Pods Cardiovascular System BBC Bitesize Respiratory System BBC Bitesize
<i>1.3 Anaerobic and aerobic exercise</i>					Aerobic and Anaerobic GCSE Pod Aerobic and Anaerobic II GCSE Pod Aerobic and Anaerobic III GCSE Pod Aerobic and Anaerobic BBC Bitesize
<i>1.4 The short- and long-term effects of exercise</i>					Effects of Exercise GCSE Pods Short and Long Term Effects GCSE Pod Long Term Effects GCSE Pod Short Term Effects GCSE Pod Short and Long Term Effects BBC Bitesize
Topic 2: Movement analysis - Movement Analysis GCSE Pods					
<i>2.1 Lever systems</i>					Lever Systems GCSE Pods Movement Analysis BBC Bitesize Mechanical Advantage / Disadvantage GCSE Pod
<i>2.2 Planes and axes of movement</i>					Movement Analysis GCSE Pods Planes and Axes GCSE Pods Movement Analysis BBC Bitesize
Topic 3: Physical training					
<i>3.1 The relationship between health and fitness and the role that exercise plays in both</i>					Keeping Fit and Healthy BBC Bitesize Relationship Between Health and Fitness GCSE Pod Relationship Between Health Fitness and Exercise GCSE Pod Health Fitness Exercise and Performance GCSE Pod

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3.2 The components of fitness, benefits for sport and how fitness is measured and improved					Components of Fitness GCSE Pods Components of Fitness II GCSE Pods Fitness Testing GCSE Pods Fitness Tests Protocols GCSE Pod
3.3 The principles of training and their application to personal exercise/ training programmes					Principles and Methods of Training GCSE Pods Principles and Methods of Training II GCSE Pods Principles of Training BBC Bitesize
3.4 The long-term effects of exercise					Long Term Effects GCSE Pod
3.5 How to optimise training and prevent injury					Injury Prevention GCSE Pods Optimising Training and Preventing Injury GCSE Pods Health and Safety in Sport BBC Bitesize PEDs in Sport GCSE Pods
3.6 Effective use of warm up and cool down					Warm Up Cool Down GCSE Pod
Topic 4: Use of data					
4.1 Use of data					Data GCSE Pod Use of Data GCSE Pod

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PAPER 2 - Health and Performance

Health and Performance	Knowledge Organiser	Mind Map	GCSE PE Bitesize Test Date you got 10/10	Topic Test Score / Date	RAG Rating of Topic - Colour whole row R = Red - Need help A = Amber - I need to Revise G = Green - I am confident with this
Topic 1: Health, fitness and well-being - Health Fitness and Well-Being GCSE Pods					
1.1 Physical, emotional and social health, fitness and well-being					Health Fitness and Well-Being GCSE Pods Health and Well-being BBC Bitesize
1.2 The consequences of a sedentary lifestyle					Sedentary Lifestyle GCSE Pods Sedentary Lifestyle II GCSE Pods Sedentary Lifestyle BBC Bitesize
1.3 Energy use, diet, nutrition and hydration					Diet GCSE Pod Diet and Nutrition GCSE Pod Diet and Nutrition BBC Bitesize
Topic 2: Sport psychology - Sports Psychology GCSE Pods					
2.1 Classification of skills (basic/ complex, open/closed)					Skill Classification GCSE Pod Skill Classification BBC Bitesize
2.2 The use of goal setting and SMART targets to improve and/or optimise performance					Goal Setting GCSE Pods Target Setting BBC Bitesize
2.3 Guidance and feedback on performance					Guidance and Feedback GCSE Pods Guidance BBC Bitesize Feedback BBC Bitesize
2.4 Mental preparation for performance					Sports Psychology GCSE Pods Mental Preparation BBC Bitesize
Topic 3: Socio-cultural influences - Socio-Cultural Influences GCSE Pods					
3.1 Engagement patterns of different social groups in physical activity and sport					Engagement Patterns GCSE Pod Engagement Patterns II GCSE Pod Social Groupings BBC Bitesize
3.2 Commercialisation of physical activity and sport					Commercialisation GCSE Pod Commercialisation II GCSE Pod Commercialisation BBC Bitesize

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3.3 Ethical and socio-cultural issues in physical activity and sport					Ethical and Social Issues GCSE Pod Ethical and Social Issues II GCSE Pod Ethical Factors BBC Bitesize
Topic 4: Use of data					
4.1 Use of data					Data GCSE Pod Use of Data GCSE Pod
Exam Skills, Techniques and Questions					
Exam Techniques BBC Bitesize Sample Exam Questions BBC Bitesize					

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