

GCSE PE REVISION LIST

Paper 1 - 70 minutes - 60 Marks

Applied Anatomy & Physiology

- 1 - Functions of the Skeleton
- 2 - Joints & Movements
- 3 - Structure & Classification
- 4 - Muscles
- 5 - Voluntary Muscles
- 6 - Joint & Muscle Movement
- 7 - Skeletal & Muscular Systems
- 8 - Cardio-Vascular System
- 9 - Structure of the CV system & Blood Vessels
- 10 - Blood Vessels & Vascular Shunting
- 11 - The Respiratory System
- 12 - Short Term Effects of Exercise

Movement & Analysis

- 13 - Planes & Axes (& Levers)

Physical Training

- 14 - Health, Fitness, Exercise and Performance
- 15 - Components of Fitness & Fitness Testing
- 16 - The Long Term Effects of Training
- 17 - Methods of Training
- 18 - Extended Answers

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Paper 2 - 50 Minutes - 45 Marks

Health Fitness & Well being

1 - Physical, Emotional & Social Health
& Fitness

2 - Lifestyle Choices

3 - Sedentary Lifestyle

4 - Nutrition

Sports Psychology

5 - Classification of Skill

6 - Optimising Performance

Socio-Cultural Influences

7 - Commercialisation

8 - Sportsmanship & Gamesmanship

9 - Media & Sponsorship

10 - Extended Answers