

## Year 11 GCSE PE October half term revision

Over half-term, your focus is to **embed the core knowledge** you will be assessed on during your mocks in AUT2. This will cover a full paper 1 and paper 2 (80 marks and 60 marks). **Edexcel** is your exam board for GCSE PE

### Paper 1: 80 marks, 90 minutes

*(1 x 9 marker of Physical training unit)*

<b>Applied anatomy and physiology</b>	<b>Movement analysis</b>	<b>Physical training</b>
<ul style="list-style-type: none"><li>• The structure &amp; function of musculoskeletal system</li><li>• The structure and function of the cardio-respiratory system</li><li>• Anaerobic and Aerobic exercise</li><li>• The short and long term effects of exercise</li></ul>	<ul style="list-style-type: none"><li>• Lever systems</li><li>• Planes and axes of movement</li></ul>	<ul style="list-style-type: none"><li>• The relationship between health and fitness</li><li>• The components of fitness</li><li>• Fitness tests and classes</li><li>• The principles of training</li><li>• The long term effects of exercise</li><li>• How to optimise training and prevent injury</li><li>• Effective use of warm up and cool down</li></ul>

### Paper 2: 60 marks, 75 minutes

*(1 x 9 marker on Sport psychology)*

<b>Health, Fitness and wellbeing</b>	<b>Sport Psychology</b>
<ul style="list-style-type: none"><li>• Physical, emotional and social health, fitness and wellbeing</li><li>• The consequences of a sedentary lifestyle</li><li>• Energy use, diet, nutrition and hydration</li></ul>	<ul style="list-style-type: none"><li>• Classification of skills</li><li>• The use of goal setting and SMART targets to optimise performance</li><li>• Guidance and feedback on performance</li><li>• Mental rehearsal</li></ul>

### Over October half term, focus on building your knowledge on the topics above by doing the following:

- Complete all homework booklet questions
- Create knowledge organisers or summery cards for topics in paper 1 and paper 2
- Complete exam style questions and use mark schemes to green pen
- Paper 1 exam style questions - <https://help.theeverlearner.com/hubfs/2022-pe-revision-papers/edexcel-gcse-pe-paper-1-2022-revision-aei-relevant-qs-blank-paper.pdf>
- Paper 2 exam style questions - <https://help.theeverlearner.com/hubfs/2022-pe-revision-papers/edexcel-gcse-pe-paper-2-2022-revision-aei-relevant-qs-blank-paper.pdf>

### Key revision resources:

GCSE PE revision quizzes - <https://www.teachpe.com/gcse-revision-quizzes>

BBC Bitesize (edexcel) - <https://www.bbc.co.uk/bitesize/examspecs/zxbg39q>

Revision videos & practice questions(mark schemes available) -

<https://pages.theeverlearner.com/2022-edexcel-gcse-pe-revision>

Revision videos - <https://www.youtube.com/@PlanetPEgcsepe>

Google classroom with all lessons which have been uploaded

Seneca learning - A whole unit and questions to support learning/revision

<https://app.senecalearning.com/dashboard/class/m4z1qs2qxt/assignments/assignment/623240d4-72aa-4947-ad7c-d718b62e4d1e>

