

Year 11 GCSE PE February half term revision

Over half-term, your focus is to **consolidate 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)

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

Paper 2: 60 marks, 75 minutes

(1 x 9 marker on Sport psychology)

Health, Fitness and wellbeing	Sport Psychology	Socio-cultural influences
<ul style="list-style-type: none">• Physical, emotional and social health, fitness and wellbeing• The consequences of a sedentary lifestyle• Energy use, diet, nutrition and hydration	<ul style="list-style-type: none">• Classification of skills• The use of goal setting and SMART targets to optimise performance• Guidance and feedback on performance• Mental rehearsal	<ul style="list-style-type: none">• Engagement patterns of different social groups in physical activity and sport• Commercialisation of physical activity and sport• Ethical and socio-cultural issues in physical activity and sport

Over February half term, focus on consolidation your knowledge on the topics above by applying your knowledge to exam questions:

- Complete A3 knowledge organiser for paper 1 and paper 2
- RAG topics based on your knowledge organiser and prioritise building your knowledge in these topics
- Complete exam style question booklet
- Answers can be found on the google classroom for you to green pen.

Specification:

<https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2016/Specification%20and%20sample%20assessments/GCSE-physical-education-2016-specification.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