Year 11 GCSE PE Easter Revision

Edexcel is your exam board for GCSE PE.

Paper 1: 80 marks, 90 minutes

(1 x 9 marker)

Applied anatomy and physiology	Movement analysis	Physical training
• The structure and function of the musculoskeletal system. • The structure and function of the cardiorespiratory system. • Anaerobic and aerobic exercise. • The short and long term effects of exercise.	• Lever systems, examples of their use in sport and the mechanical advantage/ disadvantage they have in movements. • Planes and axes of movement.	• The relationship between health and fitness and the role that exercise plays in both. • The components of fitness, benefits for sport, fitness tests, methods of training. • The principles of training. • The long term effects of exercise. • How to optimise training and prevent injury, PEDs. • Effective use of warm up and cool down.

Paper 2: 60 marks, 75 minutes

(1 x 9 marker)

Health, fitness and wellbeing	Sport psychology	Socio-cultural influences
• Physical, emotional and social health, fitness and wellbeing. • The consequences of a sedentary lifestyle. • Energy use, diet, nutrition and hydration.	• Classification of skills. • The use of goal setting and SMART targets. • Guidance and feedback. • Mental preparation for performance.	• Engagement patterns. • Commercialisation. • Ethical and socio-cultural issues (sportmanship, gamesmanship, deviance)

Over Easter, focus on securing your knowledge of the topics above, and ensuring your confidence in applying them to exam style questions by doing the following:

- Complete all Easter revision question packs provided on paper.
- Create knowledge organisers or summary 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- all paper 1 and paper 2 lessons have been uploaded.