



Penyrheol Comprehensive School

Retrieve don't highlight

Advice for Exams:

Read each question carefully

Match the numbers of marks with the numbers of points you need to make

Look out for the command words like, identify, define, describe, and explain.

When answering the questions from the video (1 and 2) ensure you use examples from the video.

Subject: **Physical Education**



Key Dates:

Unit 2: Thursday 28th March (Practical Exam)

Unit 1: Wednesday 15th May (Written Exam)

Suggested revision tools/strategies:

GCSE PE revision guide, Quizlet, revision grids, past papers

GCSEPod:

Unit 1a: Health, Fitness and Wellbeing

Unit 1b: Physical Training

Unit 2: Applied Anatomy and Physiology

Unit 3: Movement Analysis

Unit 4 and 5: Socio cultural issues



**KEEP
CALM
AND
REVISE**

Retrieval
Activities

Week beginning (Monday)		Suggested Topics to Revise:	Achieved?
Feb 25 th 2019	February Half Term		
March 4 th		Unit 1: Health Training and Exercise: Relationship between Health, Fitness and Exercise / Physical, Social and mental benefits / Positive lifestyle choices / Sedentary lifestyle / Discuss the nutritional requirements of people in different sports / nutrients / energy balance / carbo loading	
March 11 th		Unit 1: Analyse the components of fitness and how these components can be measured : understand all 11 fitness components, the test / tests associated with each and the protocols for each test	
March 18 th		Unit 1: Assess how the principles of training are used when an athlete develops fitness: Principles of training (SPOV) / Training thresholds / Methods of training and the importance of a warm-up and cool-down	
March 25 th		Unit 2: Exercise Physiology: Analyse the structure and function of the muscular skeletal system: Types of muscles / major muscles and bones / functions of the Skelton / types of joint / types of movement / muscle contractions / muscle fibre types	
April 1 nd		Unit 2: Analyse the structure and function of the Cardio – Respiratory System: Parts / Functions / Blood vessels / Cardiac values / Blood pressure / Heart rate / Diffusion / Lung values	
April 8 th		Unit 2: Assess the use of different energy systems for different activities: Aerobic and Anaerobic exercise / 3 energy systems / short and long term effects of exercise	
April 15 th	Easter Holidays	Unit 3: Movement Analysis: Analyse how muscles contract / Isotonic (concentric / Eccentric) / Identify the 3 lever systems / Planes and axis of movement / Evaluate how a coach uses technology to make him a better performer / types of technology etc.	
April 22 nd		Unit 4: Psychology of Sport: Assess the classifications of skills: Characteristics of a skilled performer / classification of skill / complexity and pace continuum / types of guidance / three stages of learning / different forms of feedback / information processing / goal setting and SMART targets / the importance of mental preparation	

Exam
Q/Past
Paper
Practice

April 22nd		Unit 5: Socio-Cultural Factors in Sport: assess the factors that affect participating in sport / Analyse the ethical aspects that affect participating in sport / Sportsmanship / Gamesmanship / Deviance / Assess local and national provision of sport / public, private and voluntary sector / PE and school sport / Analyse the commercial aspects of modern sport / Media and Sponsorship	
April 29 th		Re-cap Units 1 and 2	
May 6 th		Re-cap Units 3, 4 and 5	
May 13 th		Final preparation for the exam on Wednesday	
May 15th		Unit 1: Written Exam	