

# GCSE PE



**Year 10 GCSE PE exam- Thursday 11th May- 1 hours 30 minutes- what to revise**

- **Training methods-** what are they? What sports would they help improve and why.
- **Skeletal system-** labelling skeleton, types of bones and their function, 3 categories of joints of the skeleton- types of freely moveable joints
- **Sports injuries-** types of injuries, examples of causes of them.
- **Performance enhancing drugs-** What are they? How do they have a positive and negative effect on the body? What sports might use them?
- **Warm up & cool down-** 3 stages of WU, how different sports warm up differently.
- **Muscular system-** labelling muscles- types of muscle.
- **Muscle fibre types-** and their characteristics- sporting examples
- **Movement produced at joints-** Sporting examples at each joint.
- **Cardiovascular system-** functions, labelling heart, types of blood vessels, types of blood cells, pathway of blood around the body,
- **Respiratory system-** labelling, functions, explain gaseous exchange at alveoli and muscle cell.