



Subject: GCSE PE

Year 11 First Mock

Revision Topics

All the slides you will need to assist you are located on google classroom.
Use your year 10 & 11 exercise book to help you revise.

Use the GCSE PE Bitesize website to help you-
<https://www.bbc.co.uk/bitesize/examspecs/zxbg39q>

Component 1

- Skeletal system
- Muscular system
- Cardiovascular system
- Respiratory system
- Short & long term effects of exercise on the 4 systems above.
- Aerobic & Anaerobic exercise
- Components of fitness
- Training methods
- Principles of training
- Sports injuries
- Warm ups & cool downs
- Performance enhancing drugs

Component 2

- Lifestyle choices affecting sports performance
- Optimum weight
- Balanced diet
- Physical, social & emotional health
- Skill classification
- Goal setting /SMART target settings
- Types of practice.
- Types of feedback & guidance when coaching/teaching sport
- Mental preparation of sports performance
- Participation rates of sport and physical activity
- The commercialisation of sport (sponsorship, TV, media)
- Different types of sporting behaviour.