

# GCSE Physical Education - Revision

Paper 1 - May 15th 2019 Answer all questions in the paper. Paper is 1 hour 15 minutes	Have you gathered notes for..?	R e d	A m b e r	G r e e n
<b>Topics</b>				
<b>Chapter 1 – Anatomy and Physiology</b>				
Structure and function of skeleton				
Synovial Joints				
Respiratory System				
Gaseous Exchange				
Breathing Lung Volumes				
Blood Vessels				
Structure of heart and cardiac cycle				
Anaerobic and aerobic exercise				
EPOC and recovery process				
Effects of exercise (immediate, short term & long term)				
<b>Chapter 2 – Movement Analysis</b>				
Lever				
Mechanical Advantage				
Muscle action and muscle contractions				
Planes and axis				
Analysis of push ups/football throw in/running/kicking/squats/bowling/vertical jump				
<b>Chapter 3 – Physical Training</b>				
Health and Fitness				
Components of fitness				
Fitness testing				
Principles of training				
Training methods				
3 training seasons				
Warming up and Cooling down				
<b>Chapter 7</b>				
Quantitative and Qualitative data				

Paper 2 - May 17th 2019 Answer all questions in the paper. Paper is 1 hour 15 minutes	Have you gathered notes for..?	R e d	A m b e r	G r e e n
<b>Topics</b>				
<b>Chapter 4 – Sports Psychology</b>				
Skill and ability				
Classifications of skills				
Goal Setting (performance and outcome goals /SMART)				
Information processing				
Guidance (Visual, Verbal, Manual/Mechanical)				
Feedback				
Extrinsic and Extrinsic				
Arousal and controlling arousal levels				
Aggression				
Personality types				
Motivation (Intrinsic and extrinsic)				
<b>Chapter 5 – Socio cultural influences</b>				
Participation (women, ethnicity, socio economic, disability)				
Barriers to participation				
Commercialisation				
Sponsorship				
Sport and the media				
Commercialised activity and the performer/sport/officials.				
Effect of commercialisation on sponsors and spectators.				
Positive and negative impacts of Technological on performer/sport/officials/spectators and sponsors				
Ethical Issues – Player Conduct				
Performance enhancing drugs				
Spectator behaviour				
Reasons for a combatting Hooliganism				
<b>Chapter 6 – Health and fitness</b>				
Physical, social and mental wellbeing				
Fitness				
Sedentary lifestyle				
Obesity and its effects on performance/fitness/health and well being.				
Somatotypes				
Diet and Nutrition and Hydration				
<b>Chapter 7</b>				
Quantitative and Qualitative data				

60% OF YOUR EXAM IS ABOUT HAVING AN OPINION. SO HAVE ONE!

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## GATHER

First make sure you have notes, flash cards, mind maps etc that cover all the topics above.

## FILTER

Go through and RAG rate your current understanding and knowledge of each topic. This will inform you of the areas you need to focus on the most.

## LEARN

Using learning platforms such as Quizlet, Everlearner and Seneca to find a process that works for you to help you commit this information to long term memory:

e.g.

- Don't just read your notes.
- Split PE revision over many weeks – a little bit over time is much better than one day of PE revision.
- Put away your notes and write as much as you know from memory – then check your notes for accuracy.
- Trading questions with a friend.
- Use flash cards to practise recall.

## TEST

- Using past papers or online tests regularly check your knowledge. Do as many as you can get your hands on and maybe create your own.
- Practise writing long answer questions (see guidance below) paying particular attention to the time and the marks available.
- The testing process is a form of filter so regularly refer to your RAG rating until everything is green.

### Steps by Step long answer planning technique

Step 1 – BUG Question (**B**ox off the command word, **U**nderline the subject of question, **G**lance regularly at the mark scheme.)

Step 2 – Create a quick plan to show how you will gain the marks.

Step 3 – Monitor the time (approx. 10 minutes)

**Start the paper with the long answer questions first.**

Always keep in mind where you will gain marks from in the long answer questions

### Mark Allocation for Long Mark Questions

- 6 Mark Questions – AO1 x1 AO2 x2 AO3 x3
- 9 Mark Questions - AO1 x2 AO2 x2 AO3 x5

\*Both the 6 and 9 mark questions are more heavily weighted for AO3 responses. Therefore you must have an OPINION to access the marks