

YEAR 11 GCSE PE – REVISION 2019

The following is an outline of the topics that you need to revise for the different PE written papers.

PAPER 1 - Physical Factors

UNIT	TOPICS TO REVISE
1.1a The structure and function of the skeletal system.	<ul style="list-style-type: none"> • Location of the major bones. • Functions of the skeleton – S P P M B S. • Synovial joints – definition, hinge joints (knee and elbow), ball and socket joints (hip and shoulder). • Joint movements – flexion, extension, rotation, abduction, adduction, circumduction, plantar flexion. Which joints do they occur at? • Roles of connective tissue – cartilage, tendons and ligaments.
1.1b The structure and function of the muscular system.	<ul style="list-style-type: none"> • Location of the major muscle groups. • Apply the use of major muscle groups to physical activity. • Definitions and roles of agonist, antagonist and fixator. Apply each to examples from physical activity. • Explain antagonistic muscle action.
1.1c Movement Analysis.	<ul style="list-style-type: none"> • Lever Systems – 1st, 2nd and 3rd class levers. • Mechanical advantage. • Planes of movement – frontal, sagittal and transverse. • Axes of rotation – frontal, longitudinal and transverse.
1.1d The cardiovascular and respiratory systems.	<ul style="list-style-type: none"> • Double circulatory system (systemic and pulmonary). • Types of blood vessel – arteries, veins and capillaries. • Pathway of blood through the heart. • Definitions of stroke volume, heart rate and cardiac output. • Role of red blood cells. • Pathway of air through the respiratory system. • Mechanics of breathing and the role of the diaphragm and the intercostal muscles. • Definitions of tidal volume, minute ventilation and breathing rate. • Role of alveoli in gaseous exchange. • Define aerobic and anaerobic exercise. • Apply practical examples of aerobic and anaerobic activities in relation to intensity and duration.
1.1e Effects of exercise on the body systems.	<ul style="list-style-type: none"> • Short term effects of exercise on the body systems. • Apply the short term effects of exercise to examples from physical activity. • Long term (training) effects of exercise on the body systems. • Apply the long term effects of exercise to examples from physical activity. • Be able to collate and use data relating to the effects of exercise.
1.2a Components of fitness.	<ul style="list-style-type: none"> • Define the 10 different components of fitness. • Apply practical examples of where each component is particularly important. • Know suitable tests for each component.
1.2b Principles of training.	<ul style="list-style-type: none"> • Define the principles of training and apply them to exercise/training programmes – S P O R. • Define the FITT principle and apply to exercise/training programmes.
1.2b Principles of training.	<ul style="list-style-type: none"> • Explain different methods of training – continuous, fartlek, interval (circuit, weight, plyometrics, HIIT). • Understand the components of a warm-up and apply examples. • Explain the physical benefits of a warm-up.

1.2c Preventing injury.	<ul style="list-style-type: none"> ● Understand the components of a cool-down and apply examples. ● Explain the physical benefits of a cool-down. ● Understand how the risk of injury can be minimised and apply examples. ● Know a range of potential hazards in physical activity and sporting settings and apply examples.
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PAPER 2 - Socio-Cultural Factors and Sport Psychology

UNIT	TOPICS TO REVISE
2.1a Engagement patterns. 2.1b Commercialisation. 2.1c Ethical and socio-cultural issues.	<ul style="list-style-type: none"> ● Current trends in participation in physical activity of different social groups in different activities. ● Factors affecting participation. ● Strategies to improve participation – promotion, provision and access. ● Apply examples from physical activity to participation issues. ● Influence of different types of media on commercialisation. ● Meaning of commercialisation and the Golden Triangle (sport, media, sponsorship). ● Influence of sponsorship and commercialisation on physical activity and sport. ● Sportsmanship, gamesmanship and deviance. ● Reasons why sports performers use drugs. ● Impact of drug use on the performers and the sport. ● Reasons for player violence.
2.2 Sport psychology	<ul style="list-style-type: none"> ● Motor skills and skilful movement. ● Classification of skills (difficulty/environmental). ● Goal setting – SMART principle. ● Mental preparation. ● Types of guidance. ● Types of feedback.
2.3 Health, fitness and well-being.	<ul style="list-style-type: none"> ● Definitions of health, fitness and well-being. ● Health benefits of regular physical activity and consequences of a sedentary lifestyle – physical, emotional and social. ● Components of a balanced diet. ● Effect of diet and hydration on energy use in physical activity.

EXAM DATES:

- Paper 1: Physical Factors (1 hour) - Wednesday 15th May 2019 AM
- Paper 2: Socio-Cultural Issues and Sport Psychology (1 hour) - Friday 17th May 2019 PM