

Year 11 GCSE PE Revision List

Paper 1

Topic 1: Applied anatomy and physiology

- 1.1 The structure and functions of the musculoskeletal system*
- 1.2 The structure and functions of the cardiorespiratory system*
- 1.3 Anaerobic and aerobic exercise*
- 1.4 The short- and long- term effects of exercise*

Topic 2: Movement analysis

- 2.1 Lever systems*
- 2.2 Planes and axes of movement*

Topic 3: Physical training

- 3.1 The relationship between health and fitness and the role that exercise plays in both*
- 3.2 The components of fitness, benefits for sport and how fitness is measured and improved*
- 3.3 The principles of training and their application to personal exercise/ training programmes*
- 3.4 The long-term effects of exercise*
- 3.5 How to optimise training and prevent injury*
- 3.6 Effective use of warm up and cool down*

Paper 1 - 9 mark question will be on topic 3

Paper 2

Topic 1: Health, fitness and well-being

- 1.1 Physical, emotional and social health, fitness and well-being*
- 1.2 The consequences of a sedentary lifestyle*
- 1.3 Energy use, diet, nutrition and hydration*

Topic 2: Sport psychology

- 2.1 Classification of skills (basic/ complex, open/closed)*
- 2.2 The use of goal setting and SMART targets to improve and/or optimise performance*
- 2.3 Guidance and feedback on performance*
- 2.4 Mental preparation for performance*

Topic 3: Socio-cultural influences

- 3.1 Engagement patterns of different social groups in physical activity and sport*
- 3.2 Commercialisation of physical activity and sport*
- 3.3 Ethical and socio-cultural issues in physical activity and sport*

Paper 2 - 9 mark question will be on topic 2 or topic

3

[Link to Specification Here](#)