

Y10 End of Year Exam Preparation: **GCSE PE**

Exam(s):

The assessment is 1 hours and 30 minutes.

The assessment is out of 80 marks.

Students must answer all questions.

The assessment consists of multiple-choice, short-answer, and one extended writing question.

Revision Topic List	
Content- Set Assignment	Skills
<p>Topic 1: Applied anatomy and physiology</p> <ul style="list-style-type: none">• 1.1 <i>The structure and functions of the musculoskeletal system (muscles and bones)</i>• 1.2 <i>The structure and functions of the cardiorespiratory system (heart and lungs)</i>• 1.3 <i>Anaerobic and aerobic exercise (still to cover in lesson)</i>• 1.4 <i>The short- and long- term effects of exercise (still to cover in lesson)</i> <p>Topic 2: Movement analysis</p> <ul style="list-style-type: none">• 2.1 <i>Lever systems</i>• 2.2 <i>Planes and axes of movement</i>	<p>AO1 - Demonstrate knowledge and understanding of factors that underpin performance in physical activity and sport</p> <p>AO2 - Apply knowledge and understanding of factors that underpin performance in physical activity and sport</p> <p>AO3 - Analyse and evaluate factors that underpin performance in physical activity and sport</p>

Tips on different revision techniques, including subject specific activities can be found in the [Student Study Support Guide](#).