



Supporting your Child with GCSE Revision: Sport

Developing Fitness to Improve Other Participants' Performance in Sport & Physical Activity

EXAM	FORMAT	ASSESSMENT	FOCUS
Early January 2027	60 marks • 1½ hours	External • Pearson marked	Apply knowledge, not just recall



COMPONENT 3 – PARENT GUIDE



A. FITNESS & TRAINING PRINCIPLES

- Components of fitness: aerobic endurance, muscular endurance, muscular strength, speed, flexibility, body composition, power, agility, balance, coordination and reaction time.
- FITT: frequency, intensity, time, type.
- Additional principles: progressive overload, specificity, individual differences, adaptation, reversibility, variation, rest & recovery.
- Exercise intensity: heart rate, HRmax/training zones, aerobic & anaerobic zones, Borg RPE and 1RM/15RM calculations.

B. FITNESS TESTING

Know the purpose, protocol, equipment, suitability and limitations of tests.

- Aerobic: bleep, Yo-Yo, Harvard step, Cooper.
- Muscular endurance: press-ups, sit-ups, plank.
- Flexibility: sit & reach.
- Speed: 30 m sprint.
- Strength: grip dynamometer / 1RM.
- Body composition: BMI, BIA, waist-to-hip ratio.
- Skill-related: Illinois/T-test, stork/Y-balance, wall-toss, vertical/standing long jump, ruler drop.
- Reliability, validity, practicality, normative data and recommendations.

C. TRAINING METHODS

Be able to select, describe and justify methods for a performer/sport.

- Aerobic endurance: continuous, Fartlek, interval, circuit.
 - Flexibility: static active/passive, PNF.
 - Muscular endurance: free weights/machines, circuit.
 - Strength: free weights/machines.
 - Speed: acceleration sprints, interval, resistance drills.
 - Skill-related: SAQ, plyometrics, balance, coordination and reaction-time drills.
- Also revise warm-up/cool-down, intensity, advantages/disadvantages, safety and training adaptations.

D. FITNESS PROGRAMMING & SYNOPTIC KNOWLEDGE

- Use aims, objectives, lifestyle/activity history, motivation and fitness-test results to design training.
- SMARTER goals; intrinsic vs extrinsic motivation; short- and long-term goals.
- Link training to the performer, sport, component of fitness and FITT/principles.
- Understand long-term adaptations to training and body-system responses.
- Component 3 is synoptic: revise relevant knowledge from Components 1 & 2, including anatomy/physiology, preparing participants and improving sporting performance.



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HOW CAN STUDENTS REVISE EFFECTIVELY?

1. RETRIEVE	2. APPLY	3. PRACTISE
Use flashcards, key-word tests and blank-page recall. Cover the answer and try to explain each term from memory.	Practise scenario questions: choose a component/test/training method and explain WHY it is appropriate for a particular performer or sport.	Complete past/sample questions under timed conditions. Check answers carefully and revisit anything you could not explain.

SUGGESTED REVISION COUNTDOWN

OCTOBER Build knowledge 10–15 mins, 3× weekly	NOVEMBER Test & apply flashcards + exam questions	DECEMBER Exam practice timed papers + corrections	HOLIDAYS Short, regular sessions 20–30 mins; avoid cramming
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PARENT/CARER TIP: Regular short revision sessions are more useful than one long session. Ask your child to explain a concept to you, give a sporting example, and explain why it would improve performance.

