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| **Subject:** GCSE PE |
| **Exam Board:** Edexcel – 50 marks |
| **Mock paper:** 1- 50 Minutes March 2025 |
| **This exam has three sections**Section A- Applied anatomy and physiology and movement analysis Section B- Physical Training Section C- Extended Writing

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| **Topic** | **Detail** |
| Applied anatomy and physiology | * The structure and functions of the musculoskeletal system
* The structure and functions of the cardiovascular system
* The structure and functions of the cardio-respiratory system
* Anaerobic and aerobic exercise
* Short- and long-term effects of exercise
 |
| Movement analysis | * Levers systems
* Planes and axes of movements
 |
| Physical training | * The relationship between health and fitness and the role that exercise plays in both
* The components of fitness, benefits for sport and how fitness is measured and improved
* The principles of training and their application to personal exercise/ training programmes
* How to optimise training and prevent injury
* Effective use of warm up and cool down
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| Use of data |  |

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| **Useful revision resources:**Class workbooksGCSE BitesizeRevision resources in TeamsRevision Guides |
| **Revision Tips*** Start by RAG rating the topics.
* Try to complete a page of notes for each topic.
* Create flashcard for specific knowledge.
* Familiarise yourself with key terms.
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| **Subject:** GCSE PE |
| **Exam Board:** Edexcel – 50 marks |
| **Mock paper: 2**- 50 Minutes March 2025 |
| **This exam has three sections**Section A- Health fitness and well-being Section B- Sport psychology and socio-cultural influences Section C- Extended Writing

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| **Topic** | **Detail** |
| Health fitness and well being | * Physical, emotional and social health, fitness and well-being
* The consequences of a sedentary lifestyle Sedentary Lifestyle
* Energy use, diet, nutrition and hydration
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| Sport psychology | * Classification of skills (basic/ complex, open/closed)
* The use of goal setting and SMART targets to improve and/or optimise performance
* Guidance and feedback on performance
* Mental preparation for performance
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| Socio-cultural influences | * Engagement patterns of different social groups in physical activity and sport
* Commercialisation of physical activity and sport
* Ethical and socio-cultural issues in physical activity and sport
 |
| Use of data |  |

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