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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   |  |  | | --- | --- | | **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 | | Use of data |  | |
| **Useful revision resources:**  Class workbooks  GCSE Bitesize  Revision resources in Teams  Revision 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   |  |  | | --- | --- | | **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 | | 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 | | 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 |  | |
| **Useful revision resources:**  Class workbooks  GCSE Bitesize  Revision resources in Teams  Revision 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. |