

Subject: GCSE Sport	
Exam Board: Pearson Edexcel	
Open Book Assessment: 45 Minutes	Invigilated Assessment: 75 minutes
Paper 1 Content: Fitness and Body Systems Topics to include : Physical training & Use of data. As a result of your revision you should have knowledge and understanding of: <ul style="list-style-type: none"> ● Health and fitness ● Components of fitness ● Principles of training ● Methods of training ● Long term effects of exercise ● Optimising training ● Effective warm up and cool down. 	Paper 2 Content: Health and Performance Topics to include: Health, fitness and well being, Sport psychology, Socio-cultural influences & Use of data. As a result of your revision you should have knowledge and understanding of: <ul style="list-style-type: none"> ● Physical emotional & social health ● Sedentary lifestyle ● Energy, diet, nutrition and hydration ● Types of skill ● SMART goals ● Guidance & Feedback ● Mental preparation ● Engaging in sport ● Commercialisation of sport ● Ethical & socio-cultural issues.
Useful revision resources: Please use your class books from the start of year 10 to help with your revision. In these you will find notes and practice assessment on all key content. Your red revision guides provide notes on all sections identified for paper 1 and paper 2. In your white books you will find a range of practice exam questions and mark schemes. You should have a copy of each. See your class teacher if not. Additional revision resources can be found on GCSE POD and GCSE Bitesize , with past papers and mark schemes accessible on the Edexcel website. Please use your google classrooms to access materials and Power Points that you have used throughout the course.: Ms Hall- ehoraxr Mr Pearson- wtlqxvv	
Revision Tips Start by looking to identify any gaps in your knowledge . Use your blue sheets as a checklist. Create mind maps for each topic. Learn key terms/definitions . Use white books to practice exam questions- use the mark schemes in the back of the book to self-mark and analyse your progress.	