

Subject: GCSE PE

Exam Board: Edexcel

Mock paper: 1 hr 15minutes

This exam has TWO sections

Section A: Component 1: Fitness and Body Systems- 30 Marks

Topic	Detail
Physical training	<ul style="list-style-type: none">• Relationship between health and fitness.• Components of fitness.• Principles of training.• Injury.• Warm up and cool down.

Section B: Component 2: Health and Performance- 45 marks

Topic	Detail
Health, fitness and wellbeing	<ul style="list-style-type: none">• Physical, emotional and social health, fitness and wellbeing.• Consequences of a sedentary lifestyle.• Energy use, diet, nutrition and hydration.
Sport Psychology	<ul style="list-style-type: none">• Classification of skills.• Goal and target setting to optimise performance.• Guidance and feedback.• Mental preparation.
Socio-cultural influences	<ul style="list-style-type: none">• Engagement patterns of different social groups.• Commercialisation.• Ethical and socio-cultural issues in physical activity and sport.

Useful revision resources:

Class work books

GCSE Bitesize

GCSE Pod

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.