

**Subject: GCSE PE**

**Exam Board: Edexcel**

**Mock paper: 2 hour**

**This exam has TWO sections**

**Section A: Component 1: Fitness and Body Systems - 60 marks**

Topic	Detail
Physical training	<ul style="list-style-type: none"><li>• Relationship between health and fitness.</li><li>• Components of fitness.</li><li>• Principles of training.</li><li>• Injury.</li><li>• Warm up and cool down.</li></ul>
Fitness and body systems	<ul style="list-style-type: none"><li>• The functions of the skeletal system</li><li>• Bone classification</li><li>• Joint classifications</li><li>• Movements at joints</li><li>• Muscle types</li><li>• Role of voluntary muscles</li><li>• Antagonistic muscle pairs and muscle fibre types</li><li>• Functions of the cardiovascular system</li><li>• The heart and route of blood</li><li>• Blood vessels</li><li>• The role of blood</li><li>• The respiratory system</li><li>• Gaseous exchange</li><li>• CV and respiratory systems working together</li></ul>

**Section B: Component 2: Health and Performance - 60 marks**

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

	<ul style="list-style-type: none"> <li>• <b>Ethical and socio-cultural issues in physical activity and sport.</b></li> </ul>
<b>Useful revision resources:</b> Class work books GCSE Bitesize GCSE Pod	
<b>Revision Tips</b> <ul style="list-style-type: none"> <li>● Start by RAG rating the topics.</li> <li>● Try to complete a page of notes for each topic.</li> <li>● Create flashcard for specific knowledge.</li> <li>● Familiarise yourself with key terms.</li> </ul>	