

Subject: GCSE PE

Exam Board: Edexcel

Mock paper: 75 minutes

This exam has TWO sections

Section A: Component 1: Fitness and Body Systems

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

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.

The paper will have 75 marks.

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.