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| GCSE Sport Studies Revision List Summer 2025 | |
| Exam information:    Exam Board: Pearson Edexcel GCSE Physical Education  Component 1- Fitness and Body Systems  Length- 90 minutes (Split into two 45-minute papers, across two lessons)  Section A- Applied anatomy and physiology and movement analysis  Section B- Physical Training  Section C- Extended Writing | |
| Topic | Revised? |
| **Section A** | |
| **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 |  |
| **Section B** | |
| **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 |  |
| Revision Links | |
| GCSE Bitesize- <https://www.bbc.co.uk/bitesize/examspecs/zxbg39q>  Past Papers in Microsoft Teams  Use of paper revision guides provided.  Further revision guides  <https://www.cgpbooks.co.uk/secondary-books/gcse/physical-education/jer44-gcse-physical-education-edexcel>  <https://www.cgpbooks.co.uk/secondary-books/gcse/physical-education/jeq42-gcse-physical-education-edexcel-exam> | |