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| GCSE Sport Studies Revision List Summer 2025 |
| Exam information: Exam Board: Pearson Edexcel GCSE Physical EducationComponent 1- Fitness and Body SystemsLength- 90 minutes (Split into two 45-minute papers, across two lessons)Section A- Applied anatomy and physiology and movement analysisSection B- Physical TrainingSection 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 TeamsUse 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>   |