

Year 11 GCSE PE; November PPE

Exam Date	Paper	Content	Topics you need to revise
	Paper 1 – Physical Factors Affecting Performance	Unit 1.1 - Applied Anatomy & Physiology Unit 1.2 – Physical Training Unit 1.3 – Preventing Injury	Unit 1.1a – Structure and Function of the Skeletal System Unit 1.1b – Structure and Function of the Muscular System Unit 1.1c – Movement Analysis Unit 1.1d – The Cardiovascular and Respiratory Systems Unit 1.1e – Effects of Exercise on Body Systems Unit 1.2a – Components of Fitness Unit 1.2b – Applying the Principles of Training Unit 1.3c – Potential hazards, minimising risk

How to revise:

- Complete the assigned PiXL Knowledge booklet (Unit 1 – Know it, Grasp it, Think it) – a physical copy will be handed to you.
- Log on to GCSEPod to watch videos and complete the interactive questions for specific topics that you are struggling with
- Use GCSE PE revision guide and the revision mindmaps workbook
- Use practice papers, knowledge organisers and lesson PPTs saved in the Files section of our Teams classroom: Files/Unit (each unit is listed)