

Year 10 GCSE PE Revision List: Paper 1

The human body and movement in physical activity and sport

Applied anatomy and physiology

The structure and functions of the musculoskeletal system

The structure and functions of the cardio-respiratory system

Anaerobic and aerobic exercise

The short and long term effects of exercise

Movement analysis

Lever systems, examples of their use in activity and the mechanical advantage they provide in movement

Planes and axes of movement

Physical training

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

Effective use of warm up and cool down

Use of data

Demonstrate an understanding of how data are collected – both qualitative and quantitative

Present data (including tables and graphs)

Analyse and evaluate data