

GCSE PE Revision Check List

Tick them off as
you revise them!

Unit 1.1.a - The Structure and Function of the Skeletal System

- The location of the 19 major bones in the body.
- The functions of the skeleton.
- The location of the hinge and ball and socket joints in the body.
- The types of movements possible at the joints of the body.
- The roles of ligaments, cartilage and tendons.



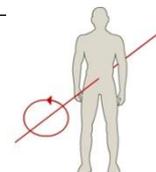
Unit 1.1.b - The Structure and Function of the Muscular System

- The location of the 11 major muscles in the body.
- The muscles that contract to create movement at each joint.
- The definitions and roles of the agonist, antagonist and fixator in an antagonistic muscle action.



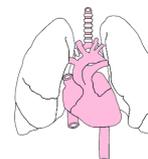
Unit 1.1.c - Movement Analysis

- The three types of lever in the body and sporting examples of when they are used.
- The three planes of movement in the body.
- The three axes of rotation in the body.



Unit 1.1.d - The Cardiovascular and Respiratory Systems

- The three types of blood vessel.
- The pathway of blood through the heart.
- The definitions of heart rate, stroke volume, cardiac output, breathing rate, tidal volume and minute ventilation.
- The role of red blood cells.
- The process of gaseous exchange and the role of alveoli.
- The definitions of aerobic and anaerobic exercise with sporting examples.



Unit 1.1.e - The Effects of Exercise on the Body Systems

- The short term effects of exercise on the muscular system.
- The short term effects of exercise on the cardiovascular system.
- The short term effects of exercise on the respiratory system.
- The long term effects of exercise on the muscular system.
- The long term effects of exercise on the cardiovascular system.
- The long term effects of exercise on the respiratory system.
- The long term effects of exercise on the skeletal system.



Unit 1.2.a - The Components of Fitness

- The definitions and sporting examples of the components of fitness (muscular endurance, cardiovascular endurance, speed, strength, power, flexibility, agility, balance, co-ordination and reaction time).
- The fitness tests for the components of fitness.



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Unit 1.2.b - The Principles of Training

- The definitions of the principles of training and how these are applied to increase fitness.
- The definitions of the elements of the FITT principle and how they can increase fitness.
- The methods of training and sporting examples of when these would be used.
- The benefits of and reasons for warming up and cooling down.



Unit 1.2.c - Preventing Injury in Physical Activity and Training

- The ways to prevent injury in physical activity and sport.
- The potential hazards in a range of physical activity and sport settings.



Unit 2.1.a - Engagement Patterns of Different Social Groups in Physical Activity and Sport

- The 14 factors that can affect participation in sport.
- The strategies that can be used to improve participation.



Unit 2.1.b - Commercialisation of Physical Activity and Sport

- The different types of media.
- The meaning of commercialisation including the golden triangle (sport, sponsorship and the media).
- The positive and negative effects of sponsorship on commercialisation and sport.



Unit 2.1.c - Ethical and Socio-Cultural Issues in Physical Activity and Sport

- The definitions and examples of sportsmanship, gamesmanship and deviance.
- The effect of performance enhancing drugs (anabolic steroids, beta blockers and stimulants) on performance.
- The side effects of performance enhancing drugs on the performer.
- The reasons for player violence in sport.



Unit 2.2 - Sports Psychology

- The characteristics of skilful movement.
- The difficulty and environmental continua with sporting examples.
- The characteristics of SMART goals and the importance of setting them.
- The mental preparation techniques used in sport.
- The types of guidance used in sport.
- The types of feedback used in sport.



Unit 2.3 - Health, Fitness and Well-being

- The definitions of health, fitness and well-being.
- The health benefits of physical activity.
- The consequences of a sedentary lifestyle.
- The definitions and components of a balanced lifestyle.
- The effect of diet and hydration on energy use in physical activity.

