

GCSE Physical Education



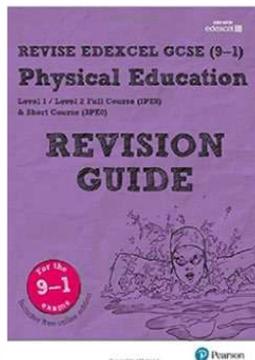
Topics	Exam length
Paper 1 - Anatomy and physiology (36%)	1 hour 30 minutes
Paper 2 - Health and performance (24%)	1 hour 15 minutes
Practical performance 3 sports – 1 team, 1 individual, 1 free choice. (30%)	
Personal exercise programme (10%)	Coursework

Course content summary

Paper One	<p>Topic 1: Applied anatomy and physiology</p> <p>1.1 The structure and functions of the musculo-skeletal system 1.2 The structure and functions of the cardiorespiratory system 1.3 Anaerobic and aerobic exercise 1.4 The short- and long- term effects of exercise</p> <p>Topic 2: Movement analysis</p> <p>2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement 2.2 Planes and axes of movement</p> <p>Topic 3: Physical training</p> <p>3.1 The relationship between health and fitness and the role that exercise plays in both 3.2 The components of fitness and benefits for sport 3.2 Fitness testing - how it is measured and improved 3.3 Principles of training and their application to personal exercise/training programmes 3.3 The methods of training and their application to personal exercise/training programmes 3.3 Thresholds of training and its application to personal exercise/training programmes 3.4 The long-term effects of exercise on the musculo-skeletal system 3.4 The long-term effects of exercise on the cardio- respiratory system 3.5 PAR-Q's and preventing injury 3.5 Injuries and treatment 3.5 Performance Enhancing drugs 3.6 Effective use of warm up and cool down</p>
Paper Two	<p>Topic 1: Health, fitness and well-being</p> <p>1.1 Physical, emotional and social health, fitness and well-being 1.2 The consequences of a sedentary lifestyle 1.3 Energy use, diet, nutrition and hydration</p> <p>Topic 2: Sport psychology</p> <p>2.1 Classification of skills (basic/ complex, open/closed) 2.2 The use of goal setting and SMART targets to improve and/or optimise performance 2.3 Guidance and feedback on performance 2.4 Mental preparation for performance</p> <p>Topic 3: Socio-cultural influences</p> <p>3.1 Engagement patterns of different social groups in physical activity and sport 3.2 Commercialisation of physical activity and sport 3.3 Ethical and socio-cultural issues in physical activity and sport</p>

Recommended revision

- [GCSE Physical Education - Edexcel - BBC Bitesize](#)
- Revise Edexcel GCSE Physical Education 9-1 revision workbook and revision guide. All set up to be purchased on parent pay.



Contact me

Please feel free to contact me if you have any concerns or questions – scooper@alns.co.uk